



TALK WITH A V.L.P. -- Pioneer Junior High students were enthralled with a 30 minute "talk" with State Treasurer Ivy Baker Priest. She discussed the methods used for investing state money. Students were impressed to learn that her name was on all money from 1952-1960 when she was treasurer of the U. S.



TELL IT LIKE IT IS -- Pioneer Junior High school teacher Tom Dutchess is interviewing one of the students on a bus tour of Sacramento. Some 26 junior high students from three 8th grade classes just returned from an educational tour of the state capitol.



TOURING HISTORIC SITE -- For recreational diversion on their recent two day trip to the state capitol in Sacramento, Pioneer Junior High students from Upland visited Sutter's Fort.

The Upland News

Seventy-Ninth Year, No. 3

Upland, California, Thursday, April 12, 1973

52 Pages 10 Cents

IN UPLAND

School Board Election April 17

This has been a week of electioneering for school board positions for various districts. Voter forums were held Monday night at the Upland Inn-sponsored by the West End Democratic Club. Tuesday night the American Association of University Women sponsored a program at Upland High. Various Open House coffee hours have been held throughout the area recently also.

Tuesday, April 17 is voting day. A list of school board candidates follows:

1. Chaffey Community College (two seats)--Georgia W. Mellon (incumbent), Merle K. Cox (incumbent), Ray Trujillo and Paul T. Atchley.

2. Chaffey Union High (three seats): John Schneekluth and G.A. Chalfant, incumbents, Martha T. Chapman, Manuel M. Luna, W. L. Lowry, Charles Noffsinger, Roger Granados and Maxine Klintenc.

3. Upland Elementary (three seats): Charles R. Martz, Madeline Malone, Sarah Vest, Timothy Peterson, William F. Emerich, Dorothy Gibson (incumbent) and Erwin J. Schneekluth.

Brief info from each candidate for Upland Elementary School Board follows:

William F. Emerich

Emerich lives at 1323 Ukiah Way with his wife and two children.

Children who attend Upland Schools. He has a Bachelor of Science degree in Engineering Administration from Case Institute of Technology.

He's lived in the Ontario-Upland area 14 years and has been actively involved with local schools, PTA, YMCA and his church. He's Project Manager for the So. California Edison Co. and is responsible for the engineering and construction of major company facilities.

"I pledge to maintain quality schools," he said. To the taxpayers I pledge a dollar value for a dollar spent. "In maintaining quality schools I will seek to emphasize fundamentals with an open mind toward new ideas and methods," he said.

Dorothy H. Gibson

Mrs. Gibson has been a school board member in Upland for 12 years and says there are many issues facing school districts today: "It is incumbent upon school boards of education to establish priorities for the solving of those issues.

"Educational demands and responsibilities are increasing at an overwhelming rate at the same time that educational dollars are increasingly difficult to come by. Our schools are not immune to inflation. Supplies and equipment cost more. Repair and updating of buildings is more expensive.

"We are doing more in our schools now than we did five years ago, and still there are additional roles schools are being called upon to play.

"Board members must be held accountable by the community to discover ways to yield the greatest return on the school dollar to meet these new and challenging expectations.

Mrs. Gibson feels the development of good readers should be the major instructional goal of the elementary schools.

Madeline Malone

Upland School District resident for 15 years. Received BA at Pomona College. Presently employed as a math specialist for Central School District. Mrs. Malone has three children.

She says: "I am running for the school board because I am genuinely interested in the education of children. If this were not so, I would not have been a professional educator for 14 years; when presented with new programs to vote upon, I have a thorough understanding of the ramifications down to the child and the classroom.

Her three suggested additions to the district include:

--Additional instruction supplies: at present only 1 1/2 percent of the budget is designated for instructional supplies. This is very low.

Acquiring full time counselors at the junior high schools to listen to and deal with the youngsters that have special problems.

--Encouragement of all board members to take an active role in visiting every school and the observation on new programs in operation.

Charles R. Martz

Lived in Upland for 12 years. Martz lives at 1425 Anita Street with wife and two children. He's been an educator for 14 years and has a Masters Degree in Education.

"The responsibility of the Board of Education is to bring about a school program which is dynamic and which meets the needs of the children. To do so requires support of all parents, teachers, administrators and board. Only through a cooperative, harmonious relationship can a productive curriculum evolve, and the leadership must come from the Board of Education," he said.

E.J. Schneekluth

Schneekluth believes his business experience would be a "valuable asset" as a member of the Upland School District Board of Trustees.

The 39-year-old insurance broker has been an Upland resident for 12 years. He and his family reside at 1791 N. Third Ave.

In his bid for election, he pledges to "work for the improvement of quality education" and says he will make himself available "to all legitimate complaints and suggestions."

"No cow will be too sacred to be given full consideration in board sessions," Schneekluth stated.

Sara Vest

Mrs. Vest is married and has two daughters who attend Upland schools. She was born in the city and received part of her education in the Upland schools. She's leader of a Brownie troop, co-leader of a Cadette Scout troop. She has been active in PTA for eight years. She has a state license in Cosmetology and a degree in interior design.

Mrs. Vest is seeking the position because she feels Upland would like to help keep this high quality and help in its upgrading.

Mrs. Vest cares about all children.

She feels that any decision concerning their education must be foremost.

She also feels that a school board must be able to probe and sift things through and ask why before making decisions.

RTD In Upland--All But 'Rapid'

It's been nearly two months since the Upland Council gave the "go ahead" to negotiate details with the Southern California Rapid Transit District (RTD) to establish a bus line between Ontario and Upland--yet, there's been no definite progressive steps taken.

Upland Personnel Director Jose M. Fuentes, who was responsible for compiling an extensive report on the alternative methods of financing a bus line, reported that representatives from Upland and Ontario met Feb. 28 to work out details on their part of the bus agreement. Fuentes said there was some internal reorganization within the RTD which has delayed the Upland-Ontario proposal.

He explained that the rapid transit district was in the process of updating their estimates because of an increase in employee wages. Fuentes said these new figures will increase the cost to the two cities for the bus service, but that it's still thought to be acceptable.

Fuentes anticipated the request and revised charges would be approved by the district's "Service Review Board" on Tuesday April 17--after which time, the contract will be officially signed by Upland and Ontario.

Although it was estimated that it would take three months from the original okay in February to implement the system, it is hoped the service will begin as soon as May according to Fuentes.

The two cities and their residents have been without bus service some 20 months since the previous system was discontinued.

Local Students See Government 'In Action'

BY Patricia Reid
Of The News Staff

In addition to the thrill of flying in an airplane for the first time, getting out of school to take a special trip to Sacramento -- enjoying staying at the Senator Hotel, etc. -- students at Pioneer Junior High in Upland seemed to be excited to talk to government leaders and see the wheels of government in action personally.

Twenty-six students from three eighth grade classes spent March 28 and 29 in Sacramento see state government work. After being actively involved in the November election, three history teachers came up with the trip to Sacramento to "enrich and reinforce the experience encountered by the students in November." The students' names were picked from a hat. Most of the 26 students earned their own money for the trip by cleaning gear, cutting grass and doing other household chores.

A major part of the trip is for the students who went on the trip to share information and impressions with fellow students. More than 600 pictures were taken on the trip and three rolls of recording tape were used as were three rolls of Super 8 film. Students are planning to give a slide program of the trip to the Pioneer P.T.A. on May 8. Other similar programs will be given to the student body.

Here are some of the highlights of the trip:

--Presentation of a large container of jelly beans to Gov. Reagan's staff (he was out of town); also display of jelly beans in the shape of the state with a flag located at Sacramento and a Pioneer banner located at Upland. The display stated, "Who needs jelly beans?" (Reagan recently said he gives jelly beans to the legislators because they give added energy)

--An hour visit with Assemblyman Jerry Lewis. He discussed the legislative process and reapportionment. He emphasized the power of the political party in government. Students were amazed to see the truth of his comments when they observed the Assembly and saw how they voted entirely on party lines on a bill concerning conservation.

--Talk with Ivy Baker Priest, treasurer of the State of California. She discussed the methods used for investing state money and discussed the current surplus. A highlight of the 30 minute session was the question asked by Harold Sweet, "Do you do your own income tax?"

Mrs. Priest said no, she hired someone to do hers!

--Seeing the Assembly and Senate in action and viewing a

committee hearing. In the Assembly they were impressed with the big score boards that tallied votes and in the noise and confusion that existed on the floor while in session. In the Senate they were impressed with the formality of the proceedings and chamber -- and with the fact that only one-fourth of the Senators were present. Students also attended a committee hearing and were given a special treat -- seeing themselves on Sacramento T.V. that night.

--Banquet at Senator Hotel -- guests included Judd Baker, administrative assistant to State Sen. Coombs. Baker talked of the legislative process as he saw it and the role of the press.

--Students toured the Supreme Court Building which now houses the Court of Appeals. Several students were disturbed with the cost of appeal and the length of time involved in appeal.

--Tour of Sutter's Fort and "Old Sacramento."

--Interviews with demonstrators on Capitol steps regarding cutback in Title I funds.

For many students, staying in a hotel was a new experience.

Upland High Junior Wins UN Contest

Doug Larson, 16, an Upland High School Junior, was the winner of an areawide 1973 United Nations contest held last Saturday night at the Oddfellows Temple in Anaheim.

Larson will take a trip to New York City June 20-July 23 where he will have a chance to visit the United Nations. He is sponsored by the Silver Link Rebecca Lodge 254 of Upland.

The son of Mr. and Mrs. Philip L. Larson of 934 N. Euclid Ave., Upland, Larson won recent district competition at Upland High School. In district competition, he took top honors for his written examination about the United Nations and his speech entitled, "The U.N. -- What is its Purpose?"

Runner-up at the district level was Rick Langloch, also an Upland High School Junior. He's the son of Mr. and Mrs. Edward R. Langloch, 175 W. 25th St., Upland. Seven other Upland High School students have won the trips to New York in the U. N. contests in the past--the most recent being Helen Reikerk in 1968.

Head Start Program Facing Money Woes

A large delegation of well-manned, placard-bearing, sign-wearing Head Start youngsters jammed City Council chambers last week to plead their case for more money to continue the Head Start program.

Joan Oyler, a Head Start instructor and spokesman for the 70-member group, explained to the Council that federal budget cuts will reduce the program's budget by 56 percent for the next school year. She told the council that some 150 Upland youngsters had been served by the program during the past six years of operation.

The program is held at Christ Church, 1127 N. San Antonio Ave. in Ontario and four classes of 16 children each are held daily. One of these classes is from Upland, two are from Ontario and one is from Montclair. Spokesman for the program said that, "Through the policy of having a bilingual

staff member in each class, 25 children who spoke only Spanish upon coming to the program, have learned English."

Sixteen Upland children are presently participating in the program because its overall income average is too high. Mrs. Oyler said that the program is threatened because of a 56.4 percent cutback in Health, Education and Welfare funds. "This would virtually wipe out the program," she said.

Mrs. Oyler asked that the council finance the 16 Upland students for the 1973-74 Head Start School year. This would cost \$17,000 or about \$1,000 per child.

Mayor Abner B. Haldeman suggested that the Head Start group present a detailed analysis of the program and a resolution to the council so the request for funds could be considered in the upcoming budget session.

Proposed Asphalt Plant Controversy Continues

The disputed issue concerning the issuance of a building permit for a new hot-mix plant in north Upland will be discussed further by Upland City Council Monday night.

The applicants were attempting to get the final plans for the plant okayed before April 5--the date when the city is forced by state law to start requiring environmental impact reports for projects that "may have a significant effect on the environment." This didn't happen however.

Norman Day, president of the Upland Homeowners Association, brought the issue to the Council's attention at the last meeting and said: "I'd like to suggest that the city not issue a (building) permit until full public hearings are held on this."

Day said he'd received numerous phone calls from concerned residents and said that three petitions objecting to the asphalt plant were currently being circulated.

Last week Upland city attorney Donald Maroney, issued a "freeze" be placed on issuance of the building permit for the project. He said it would be up to the council to decide if the plant--planned for the area north of Cable Airport, one-half mile east of Benson Ave. along 15th St.--will be subject to public hearings and environmental impact reports.

Maroney gave the following two

reasons for the ordered delay in issuing a building permit for final site plans that were approved March 9 by the city administrative committee:

--There reportedly had been a change of owners since the applicant, Associated Rock Products, Inc., first obtained a Conditional Use Permit for construction in 1967.

--Question as to whether the project is protected by the "grandfather" clause of the state environmental impact report guidelines and thus, would not require a report and a public hearing.

Under the Conditional Use Permit issued in 1967 and extended by the Council each year since then, a building permit must be issued and ground breaking must begin before May 16, or the applicant would be required to request another extension.

It's been reported that Flintkote Company now owns Associated Rock Products, Inc. Jim Christensen, public relations director for Associated Rock, claimed that "There will not be any dust, smoke or pollutants of any kind emitted in the air." He said the proposed plant would exceed 1975 County Air Pollution standards. Also, he said the plant would be more than one-half mile from the nearest road and would be extensively screened, with landscaping.

In his bid for election, he pledges to "work for the improvement of quality education" and says he will make himself available "to all legitimate complaints and suggestions."

THE NEWS--BRIEFLY

IN CUCAMONGA

School Board Election April 17

Vote . . . Vote . . . Vote . . . Don't forget to cast your vote for school board candidates on Tuesday, April 17.

MAC Meeting Set For Tonight

Tonight's the night for a town meeting in Cucamonga. The Municipal Advisory Council (MAC) will meet at 7:30 p.m. in Chino Basin Water District offices located at 8555 Archibald Ave., Cucamonga.

Greek Class Offered Here

A class in modern Greek is being offered by Chaffey College Adult Education Department. It began last Monday and will be held from 7 to 10 p.m. each Monday for the remainder of the current quarter in room 12 of the Language Arts Building. Registration may be made at the session. There are no fees. Solon Tsiaperas is the instructor.

Bingo Nights Scheduled

The Cucamonga Lions Club sponsors "Bingo Nights" on the third Thursday of each month at 8 p.m. at The Pines Mobil Home Park in Cucamonga. Donation is \$3.50 per person.

Spring Art Show April 12-14

Associated Artists of Pomona Valley are planning to hold a spring art show in the Pomona Valley Center April 12-14. A mini-workshop on making decorative carrying cases out of lunch pails will be held on Monday, April 23 at the Alta Loma Mobile Home Park clubhouse at 9 a.m. The public is invited to attend.

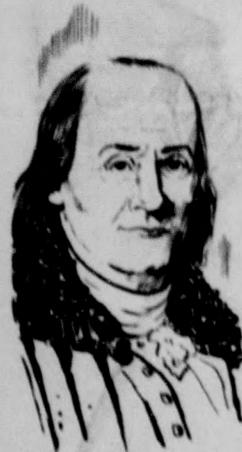
Concert Scheduled April 21

There's music in the air this month! On April 21, the Symphony Chorale will present Schubert's Mass in "G" and Handel's Messiah at 8 p.m. in the Upland High School auditorium.

Opera Slated April 28

On Saturday, April 28, the West End Opera Association will present the opera Carmen by Georges Bizet at 8 p.m. at Gardiner Spring Auditorium on the Chaffey High School campus in Ontario. Stefan Petroff will conduct.

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Volunteer Vital English 'Workshop' Held

A training session for prospective teachers for Volunteer Vital English program was held last week at the First National Bank on Foothill Blvd. in Cucamonga. Marquita Strang, area-wide coordinator for the volunteer teacher program, led the three hour training session and will conduct a follow up workshop at the same place tonight.

Mrs. Strang said there are several volunteer teachers in the Alta Loma-Cucamonga area at present—but that teachers are always in great demand. "We always need more teachers than students," Mrs. Strang commen-

ted. She said she receives many phone calls a day from non-English speaking individuals who would like to be tutored in learning to speak English. Finding enough teachers to go around is the bigger problem she said.

The program, widely known throughout the Pomona Valley area, now teaches about 170 students and has 110 teachers involved in small, home classes. Mrs. Strang said the one-to-one concept of personalized teaching is stressed.

The program was launched in 1967 in La Puente. It is now headquartered at 2707 White Ave.

in La Verne.

The program strives to: "maintain a sincere, meaningful relationship in small classes built on mutual understanding and respect for similarities and differences. We want to help our students to better communicate with others outside their homes."

Mrs. Strang emphasized that being a friend of the student and being concerned about his

problems, needs etc. was very important and the top consideration—rather than just teaching English.

Mrs. Strang also said that about one sixth of the teachers were bilingual — that Spanish people volunteer to help other Spanish persons learn to speak English.

Training sessions are held quite often for anyone interested.



HOWDY FOLKS! -- A Cucamonga Junior High student displays his handmade paper-mache, hand and rod type puppet. The puppets are similar to the 300-year old Punch and Judy hand puppets. A puppet show called "Old McDonald's Farm" was held recently for area children at the Upland Public Library.



What we're doing to keep the home fires burning.

Heat from cold: Huge deposits of natural gas have been discovered in places like Alaska, Northwest Canada and the Canadian Arctic Islands. We can bring some of it here in tankers. Some through a pipeline. And we've been involved in extensive Arctic research to find out the best way to build that pipeline without harming the environment.

Storage: We store gas in underground storage fields in the summer so you'll have enough for the winter.

Substitute gas from natural resources: Coal gasification is simply the reaction of coal with oxygen and hydrogen from steam in a suitable reactor. The result, a methane gas, is then purified to produce clean-burning substitute gas. Gas from coal. With all the properties of natural gas.

Gas from Indonesia: This project could bring up to one billion cubic feet per day of natural gas (in liquid form) to the West Coast of the United States.

LNG from Australia: In the Palm Valley field of Central Australia, there may be as much as 10 trillion cubic feet of natural gas. If the gas proves to be there, and the Australian and U.S. Governments approve, this supply could be converted to liquid form and shipped home via specially constructed tankers.

Gas from Central and South America: Although somewhat less far along than other sources, Latin American gas is still a very real possibility. Our plans call for drilling test wells in Panama and Colombia soon.

This country is facing an energy shortage. And it includes natural gas.

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Or maybe it'll be substitute gas produced from coal.

Whichever, it's obviously going to cost more. But we think you'll agree that it's a lot better than no gas. Especially since it'll still be your most economical energy source. And one of the cleanest.

As far as your immediate needs are concerned, we'll be able to supply all our "firm" customers, such as homes and businesses. But until we have those new supplies coming in, we will have to interrupt deliveries more often to our industrial customers who are equipped to switch to other fuels whenever "firm" customers' needs require.



Southern California Gas Company

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IN UPLAND

Meals On Wheels Rolls Here

By PATRICIA REID

Because of the generous efforts of some 70 volunteer ladies in Upland and Ontario, many elderly persons and other "stay-at-homes" were able to enjoy hot meals for lunch last week.

After some seven months of organizing and planning, "Meals on Wheels" for the Upland-Ontario area officially got rolling. "We've already heard lots of compliments about the good food," joyfully remarked Mrs. Norman Hixson, volunteers' chairman. She said several women recipients were "dressing up" in anticipation of the Meals on Wheels volunteers visits every noon. Mrs. Hixson also remarked how the daily visits served as a helpful "check" on elderly people especially. If the recipients weren't home, the volunteers call relatives or neighbors and attempt to discover their whereabouts.

Packaging headquarters for Meals on Wheels is the First Presbyterian Church in Upland. The hot meals are prepared at the Ontario Community Hospi-

tal--volunteers pick up the food there and take it to the church to be packaged. In Hart Fellowship Hall at the church workers place the hot food on individual plates (with covers), package the salads, bread and dessert and put each meal into an electrical preheated box.

At the recipients' homes, volunteers wearing new turquoise aprons transfer the plates into attractive "Meals on Wheels" baskets and the cold foods are carried in paper bags, (often there's enough food for two meals). The fee is \$1.00 for each meal. Recipients (mostly women--four men) are required to set their own tables in preparation for the meal which will be delivered between 11:40 a.m. and 1 p.m.

Mrs. Hixson said that at the present time the 18 recipients, which are scattered throughout Upland and Ontario, are serviced by two driving routes--one car handles eight meals while the other carries 10. Volunteer ladies always travel in pairs to deliver the meals. Mrs. Hixson said volunteers must restrict their visits to about five

minutes with each recipient in order to make the full route on schedule. "Even five minutes of conversation with lonely people can do a lot," she said.

Mrs. Jacqueline Jeffery is president of the Ontario-Upland Meals on Wheels program. She emphasized that the program is designed to serve many people--the mother home with a new baby and relatives too far away to help, the patient's home from the hospital, perhaps after surgery, not yet strong enough to fix their own meals or do their own shopping, the elderly couple who want to keep on living in their home, but having no way of getting groceries regularly, the widower who can't quite adjust to cooking for himself, the elderly who can't remember things well enough to be responsible for their meals.

Mrs. Hixson emphasized that the program is anxious to reach every person in the area who may need the service and can handle many more recipients.

Mrs. Ruth Wallis, vice president of the program, praised the response given by local churches, service clubs and in-

dividuals for their efforts in helping to raise the \$2600 needed for equipment and to establish a fund with which to start the program... however, more donations are still needed. To date the program has about \$1,000 in donations from the Ontario-Upland Branch of American Association of Retired Persons, Ontario Rotary Club, Ontario Soroptimist Club and the Ontario-Upland Zonta Club. (Extra funds will be used to help pay part of the expense for someone who doesn't qualify for state aid and otherwise cannot afford the \$1.00 meal).

Mrs. Jeffery anticipates that the request for service will increase to the proportion that 160-200 volunteers will be needed. Eventually, the group would like to buy enough equipment so that the Ontario Community Hospital will be relieved of the food preparation.

Mrs. Hixson told of one 80 year old lady who donated money to support the program, "I don't need it now, but will be happy to have the service someday," the woman replied.

The group was officially incorporated on Nov. 1, 1972--as a nonprofit service organization. Officers elected in December are: Mrs. Jeffery, president; Ruth Wallis, first vice president; Althea Correll, second vice president; Mary Pierson, recording secretary; Pauline Gilliland, corresponding secretary; and John McCallum, treasurer.

Directors include: Mary Hixson, John Schessler and Wilma Van Ornam.

The group will be glad to present programs to service clubs or any other interested organization. Anyone wishing to learn further information or contribute

funds is asked to write Post Office Box 389, Ontario, California, 91761, or call the Home-maker Service of the Visiting Nurse Association of Pomona-West End, Inc., 983-9891 or call 983-2976 or 629-2341. Mrs. Hixson is available at 983-2374.

Paid Political Advertisement

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Chaffey Union
High School District

Class On Family Life Offered Here

Chaffey College has scheduled classes in Family Life Education for the spring quarter at Alta Loma High School and Ontario Church of the Nazarene.

The class at Alta Loma High will be from 7 until 9 p.m. Wednesdays, April 25-May 30; the one at the Church of the Nazarene, 7-9, Thursdays, April 26-May 31.

The instructor for both classes will be William Vermilya covering such topics as these:

"How to Deal With Anger Effectively," "I Can't Talk When You Don't Look at Me," "The Child is Father of the Man," "My Love for You is Undying" and "Is Boredom a Natural Phenomenon?"

Fellowship Award Goes To Professor

Janice S. Lewis, a professor of history at Chaffey College was named as a recipient of a fellowship award by the National Endowment for the Humanities, announced Rep. Jerry L. Pettis, (R) of Loma Linda.

Mrs. Lewis will be among 58 recipients of \$2,000 fellowships for junior college teachers. The program is specifically for faculty of two year colleges.

Student Journalists To Compete April 28

Talented Alta Loma High School journalists will test their skills Saturday, April 28 at the Southern California Journalism Education Association (SCJEA) writeoffs to be held at Hawthorne High School.

The four members of the "Teepee Times" staff to attend include: Jane Colombero, news; Aquilino Diaz, sports; Alice Lorenz, news; and Betsy Sausbury, features.

The four writers qualified for the SCJEA contest by placing in the On-The-Spot Writing Tournament held at San Bernardino Valley College on March 3.

Jane Colombero placed second and Alice Lorenz seventh in news, Aquilino Diaz fifth in sports, and Betsy Sausbury sixth in features.

Registration is set for 8 a.m. with the presentation at 9 a.m. and the writing from 10-11 a.m. Between 10 and 11 a.m., the school advisors meet to elect new officers for the next two years.

From the time of 11 a.m. to 3:30 p.m., the writers will be able to leave the school for lunch. Awards will be presented at 3:30 p.m.

Student journalists will be

coming from seven areas of Southern California. The range of schools will come from as far north as San Luis Obispo and as far south as the Mexican border. About 90 high schools are eligible to participate in the tournament.

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tions when I ran short of money in my checking account, and wasn't in town to put more in. I've used it when there was too much month left at the end of the money!"

"Now, I'm getting ready to go out of town again, and I could end up a little short on April 16. So it's good to know I've got Ready ReservAccount

to back up my checkbook. It's something special. You can quote me!"

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Steering Committee for the election of MARTHA T. CHAPMAN as member of the Board of Trustees for Chaffey Union High School District: Jim Kelber, Chairman; Gerald R. Westphal, Finance Chairman; Mrs. Thomas T. Parker, Mrs. Walter E. Stewart, Mrs. William J. Kelber. COMMUNITY CHAIRMEN . . . Alta Loma, Mrs. Eugene Billings; Cucamonga, Mrs. Philip Savage; Ontario, Loren Runner; Upland, Richard Riley; Montclair, William Brew.

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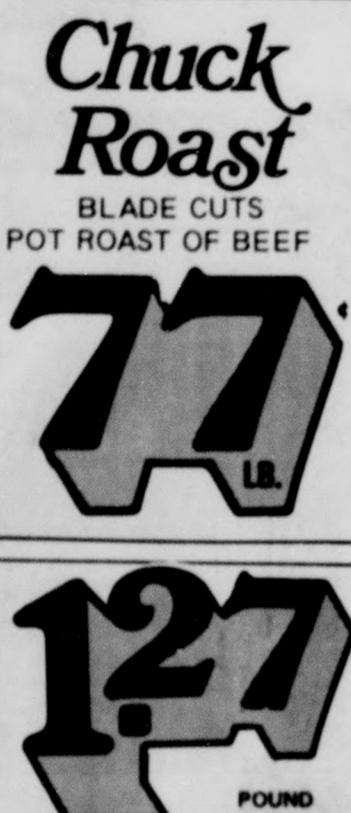
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GREAT TO SWISS OR PAN FRY

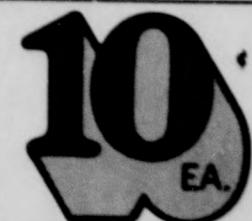


Mayfair Best Buys in Produce

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Bananas	.10
Cabbage	.10
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PINEAPPLE	
Dole Large Size	.49
CANDY	
Mix or Match	
Cello Wrapped	.39
CUCUMBERS	
Tender Crisp	.29
CARROTS	
Crisp Tender	
1 lb. Cello Bags	.29
NAVEL ORANGES	
Sweet Juicy	5 lbs. 1.00
APPLES	
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Red and Golden	3 lbs. 1.00
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MIX OR MATCH	Beets, Turnips, Spinach, Swiss Chard, Collards, Mustard Greens
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TENDER
RED BAND



1/4 Sliced Pork Loin

11 TO 14 CHOPS
CENTER CUTS AND
END CHOPS MIXED



RETAIL MEAT PRICE
COMPARISON BASED ON U.S.
DEPT. OF LABOR, BUREAU
OF LABOR STATISTICS
ITEM LIST, AS OF
MARCH 31, 1973

	% OF ITEMS	\$ TOTAL UNIT COST	\$ SAVINGS AT MAYFAIR
Mayfair	18	26.86	3.11
Von's	18	29.97	
Mayfair	19	25.04	.26
Stater Bros.	19	25.30	
Mayfair	20	27.42	.21
Market Basket	20	27.63	
Mayfair	22	33.11	1.85
Alpha Beta	22	34.96	



Pork Roast

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EASTERN QUALITY



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LB.

Rib Steaks

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EA.

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RIB CHOPS

Rib End Chops
Juicy & Flavorful

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OSCAR MAYER BACON

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CUT UP FRYERS

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BONELESS SHOULDER
CLOD

Beef Oven Roast

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LB.

FRESH FISH

Boneless Fish

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LB.

FILLET OF SOLE

Fresh Dover Fillets

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LB.

FOSTER FARM FRYERS

Whole Body

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LB.

CUT UP FRYERS

Cut Up

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LB.

JIMMY DEAN SAUSAGE

Mild or Hot

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LB.

FILLET OF SOLE

Fresh Dover Fillets

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LB.

FRYER BREASTS

Grade A with
Ribs Attached

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LB.

NATURAL CHEESE

Kraft Casino

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LB.

Muenster

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LB.

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EA.

MANISCHEWITZ GEFILTE FISH 24 OZ.

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Color in the landscape

A little about rose culture

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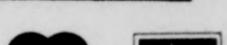
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Regardless of the kind of roses you grow you should keep in mind that all flower production is dependent upon leaf production.

The rose is a high-powered manufacturing plant. To allow it to develop its full power, these simple steps are necessary:

1. The supply of water to the roots must be continuous. Leaf growth, checked by partial drying out, never fully recovers.
2. Keep soil temperatures down in hot summer months with a mulch of organic material such as sand, ground bark, coarse bark chunks, or peatmoss.
3. Don't let seed pods form. Pick fading blossoms as you would a rose bud. New shoots form quickly below the cut and produce the next wave of flowers in the shortest possible time.
4. Protect the leaves and buds from damage by insects and diseases.
5. Feed early and often to replenish nutrients used in high production of flowers.

There are good reasons for the isolated "rose-garden." There is no competition from other plants; mulching, feeding, spraying, pruning can be carried out most efficiently; when in fall production it is a beautiful flower factory.

Without detracting one little bit from the classic rose garden, consider, for a moment, roses as landscape "material" throughout the garden.

The low-growing Floribundas may serve well as an easy-to-care-for ground cover. The Floribundas can be clipped with hedge shears rather than individually pruned in the fashion of the Hybrid Tea. Or use them in foundation plantings or as hedges. The climbers advertise their spectacular uses on fences and walls as you drive through prideful neighborhoods old and new.

Some of the low to medium tall Floribundas for continuous masses of color are: White: Saratoga, Ivory Fashion; Pink: Gene Boerner, Lafayette; Red: Europeana, Plain Talk, Ginger; Yellow: Goldilocks, Small Talk, Yellow Cushion; Blend: Redgold.

Roses—Thumbnail size

The Miniatures are in the special class of indoor-outdoor plants. They are great for close-up viewing in 4 or 6-inch pots on the patio or in the house on window sill or under fluorescent lights. They are attractive when grouped in planter boxes, or tucked into the rock garden.

For your own safety

Read the label every time you spray or dust and note especially all the cautions and warnings. Mix sprays on a solid, level surface to avoid spillage.

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SAVING POWER

SAVING POWER

POWER MOWERS

SAVING POWER

MOJAVE DESERT

Request Approved For Nuclear Power Plant

The Metropolitan Water District Board of Directors has approved, in principle, requests to supply Colorado River water in the eastern Mojave Desert for a nuclear power plant proposed by the Southern California Edison Company and possibly for power plants of other utilities.

The Board at its regular monthly meeting agreed generally to provide a maximum of 100,000 acre-feet of cooling water annually from its Colorado River Aqueduct for utilities that provide power for the coastal plain of Southern California -- the District's water service area.

Of the total amount, 40,000 acre-feet would be for two 770-megawatt, high-temperature and gas-cooled reactors which Edison hopes to have in operation by 1981 in the desert within 50 miles of the Colorado River.

In addition to completing arrangements with the District for the water supply, Edison will need approvals from various other governmental agencies such as the Atomic Energy Commission on numerous other aspects of constructing such a plant.

Estimated cost of the Edison project is in excess of \$950 million.

The District has also discussed the possibility of remote desert locations and use of water from the aqueduct for

generating facilities that might be built in that area by the Los Angeles Department of Water and Power, the San Diego Gas and Electric Company and the State Department of Water Resources. DWR would use the power for pumping on the State Water Project. A limit of 60,000 acre-feet a year was fixed by the Board on water for these possible plants. The cities of Pasadena, Burbank and Glendale might participate in the Los Angeles plant.

The Board authorized Frank M. Clinton, MWD general manager, to seek approval of the U.S. Department of Interior to permit such deliveries of water outside the coastal plain.

The Board also approved, in principle, either the concurrent annexation to the District and to one of its member agencies of a site or sites appropriate for such power plants or providing the water under special service contracts with the utilities.

Clinton said the electricity produced could help meet "one of the most compelling needs" in Southern California where power shortages are threatened.

He pointed out that the utilities are "unavoidably forced" to consider desert sites because of restrictions on both fossil-fueled and nuclear plants on either the coastline or the coastal plain.

Highway Patrol To Receive Grant Funds

The California Highway Patrol will coordinate tough statewide emphasis against vehicle thefts through a new program designed to cut the theft rate and boost the number of stolen vehicles recovered, Commissioner Walter Pudinski announced.

A federal grant of \$1,250,000 was approved by the California Council on Criminal Justice to fund additional CHP positions and equipment for the 16-month program, which begins with a four-month organizational phase and moves into tactical operation July 1.

Pudinski said a Highway Patrol study of vehicle theft by an independent consultant "revealed an average eight percent annual rise in thefts while the vehicle recovery rate was dropping from 90 to 80 percent in a three-year period.

"Vehicle thefts now total one of every six FBI index crimes in the state. California, with more than 140,000 thefts annually, has the third highest per capita theft rate in the nation. Motorcycle thefts have grown most rapidly. Vehicle theft is costing Californians over \$100 million every year."

The Patrol will add 41 uniformed personnel, bringing to just below 90 the number assigned to auto theft statewide. Inspector B. R. Smith heads the project, which will represent a total investment of \$1 2/3 million including budgeted Patrol funds.

Pudinski said "vehicle theft is largely confined to urban areas, meaning that local police and sheriff's departments have primary responsibility for curbing it. As coordinator, the Patrol's function is that of assisting local agencies, improving the flow of theft information, helping to strengthen inter-jurisdictional enforcement, upgrading training efforts, and creating new anti-theft measures."

He said CHP enforcement would be largely concerned with inspection of vehicles and vehicle parts, as well as businesses which dismantle or scrap vehicles, in conjunction with Department of Motor Vehicles investigators. DMV also will move to strengthen licensing and titling procedures.

Pudinski identified "salvage switching, counterfeiting or alter-

ation of title documents, and stripping as the three most common tactics of the professional auto thief -- the person who is committing this crime for profit. About one-half of all thefts are the work of professionals."

Doctor's In California Increasing

California's "doctor shortage" is showing overall improvement, the California Medical Association reports.

There are about 12.7 percent more physicians in the state now than a decade ago. This has improved the physician/population ratio to 178.1 physicians for every 100,000 Californians, against 158 MDs per 100,000 people in 1963.

The figures compare 1971 statistics, just compiled by CMA's Bureau of Research and Planning, with 1963's.

CMA's current Socio-economic Report calls the situation "hopeful," but notes the problem of mal-distribution of physicians around the state. "Furthermore," the report continues, "the somewhat disquieting trend of practitioners settling in areas of relative physician abundance is continuing."

The report notes that major metropolitan areas have 194.5 physicians per 100,000 population. In contrast, isolated rural areas have only 88.2 physicians for each 100,000 people.

During the eight-year reporting period, most areas in the state, whether metropolitan or rural, showed improvement. Among all 16 metropolitan areas, only three showed a worsened physician/population ratio, and only one of these -- Bakersfield -- is considered "an area of physician need."

Only one of the six non-metropolitan areas had a declining ratio; Imperial Valley dropped 11.1 percent, to a statewide low of 66.2 MDs per 100,000 people.

Highest ratio is in the San Francisco-Oakland area, with 251.4 doctors per 100,000 people. Greatest improvement is metropolitan Sacramento, up 42.6 percent to 163.6 MDs per 100,000.

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'Pass The Anacardium'

Students Learn To Think Of Foods--Like Cashews-- In Botanical Terms

"Please pass the Anacardium occidentale. Have another helping of the Vaccinium macrocarpum, Ericaceae with your Prunus Amygdalus."

This is the kind of conversation you might hear at an evening course called "Botany in Boston's Restaurants" at the Arnold Arboretum.

Learning the Latin names of the foods students will be eating each week is merely suggested, however -- it's not required.

The course is designed to introduce people to the plants and plant products of many favorite foods and dishes. It started this week at the Arboretum's administration building in Jamaica Plain with a lecture with botanical hors d'oeuvres served with cranberry juice and other specimens.

At each of the course's six meetings raw materials and in some cases herbarium specimens of the botanical components of a meal will be the subject of scholarly discussions.

The class will visit restaurants featuring Chinese, Italian, Indian and Syrian foods, with a Caribbean dinner as a finale.

Bowls of nuts and seeds, each with dried plant specimens, including roots, leaves, flowers, buds and seeds, were exhibited at the first class.

Members walked around with their fruit juice, nibbling at peanuts (*Arachis hypogaea*, Legu-

minosae) or the pepita, or squash seeds (listed as *Concurbita* sp.) and others we know as cashew, almond, filbert, macadamia, pistachio, pignola and sesame seeds.

As they observed the specimens, people chatted about various uses of the seeds and nuts. Then they were seated for the introductory lecture with slides by Dr. Richard A. Howard, director of the Arnold Arboretum. Dr. Carroll E. Wood, curator, will also lecture during the course.

Dr. Howard discussed foods in today's supermarket from a botanical standpoint. As he showed, products on the shelves of a modern grocery store he told of their origin and gave an explanation of the development of food-processing methods from dried, smoked and pickled products to present-day canning, freezing, freeze-drying and gamma radiation.

"There are 200 different kinds of plants that are fundamental to the foods we eat," Dr. Howard said. "They are processed in many ways and show up in our grocery stores in 5,000 or so items."

"Actually 12 plants represent the foods that feed the world," he continued. "They are sugar cane, sugar beet, wheat, corn, rice, soybeans, the rest of the beans in another category, cassava, sweet potato, white potato,

to, bananas and coconut.

If any one of these crops is wiped out, as during the potato famine, there is a major world upheaval. A year or two ago there was concern over the rust in growing corn. A current problem is the loss of coconut trees which are dying at a faster rate than normal.

"Coconuts don't seem like a major crop to Americans, perhaps, but many people in the world depend on this plant, not only for food but for other products important in their daily living."

"We have come a long way in food technology," Dr. Howard said. "Some of the results are good, others not so good. At one time in Massachusetts 17 different kinds of apples were grown. Today we have only those that store and pack well, but they're available almost all year round."

"A hormone spray will keep apples on the trees, and another will knock them off -- depending on when the pickers are available -- when the grower wants to harvest them."

"No other people are able to feed themselves as well as we, probably because we are adventurous and curious eaters," Dr. Howard said. "But there's a lot to be learned about our foods and where they come from and the story of how they get to our tables."

"The grocery store is a great source of learning in basic botany if you take the time to observe the various products that come from the same plant or

from different parts of one plant."

"You will notice that some foods come from the root, leaf, bark or seed. We eat only the stalks of rhubarb and celery, for example. Asparagus as a food represents only a small shoot of the plant which grows up to six feet tall."

"Only certain layers of some fruits are eaten, whereas seeds are often used for their extracts or roasted and eaten in other instances."

"The manager of the fruit or vegetable department in large supermarkets is usually very informative as to the origin of his merchandise and won't mind if you ask a few questions," Dr. Howard said.

"Perhaps you've asked about an unusual grapefruit hybrid called an ugli. You'd find out it is grown in a very small section of Jamaica. Another unusual fruit that recently appeared in Eastern stores is called a tuna. Like a prickly pear, it grows in Mexico and the Southwestern U.S."

"Asking and finding out where our fruits and vegetables come from and where the plants are grown gives more than an interesting lesson in geography."

"It also gives us an understanding of supply and demand, of shipping and transportation, and why some foods are available at certain times and not at others," he said.

For the next four meetings the evening class will meet in restaurants to discuss plants that yield the various foods on the

menus. In some cases there will be recipes for home cooking.

The final dinner will be prepared by Arboretum staff members and will offer tropical-plant materials not readily available

in most restaurants.

This is not the first course of its type at the Arboretum. However, it is limited in size and is open to "Friends of the Arboretum" only.

INFORM YOURSELF
AND
VOTE!



Instant Hush Puppies Sure Party Success

When your spirits have a tendency to drag, why not perk them up with a party? It needn't be an extravagant affair -- simply a few friends, a few snacks and plenty of ice cold beer.

It's surprising what an impression you can make with a minimum of time, expense and effort. Beer is the universal beverage for this type of get-together, and it certainly does have an elegant look when served in crystal clear, clean glasses that reflect all the amber bubbles.

The perfect accompaniment for glasses of beer are platesful of Instant Hush Puppies. These melt-in-your-mouth corn meal balls are well suited to meet your entertaining needs. Another nice thing about these hush puppies is that they can be made ahead of time, and then simply reheated in foil in the oven. They're even good cold because the beer used in the recipe, although a small amount, is just enough to keep the flavors intact.

While you're whipping up the hush puppies, you might have a bowl of popcorn balls already on the table for the hungrier types. Watch them disappear when guests discover they're filled with a yummy mixture of cream

cheese and ham, subtly blended by beer.

INSTANT HUSH PUPPIES
1 (12 oz.) package corn bread mix, 1 tbsp. dehydrated minced onion, 1 egg, 1/3 cup beer, oil or fat for frying. Combine corn bread mix, onion, egg and beer. Stir together until well blended. Drop by spoonfuls (depending what size you want) into pre-heated hot fat or oil (360 deg. F.) and cook for 2 to 3 minutes or until golden brown, turning hush puppies to brown evenly. Remove with slotted spoon and drain on absorbent paper. Repeat until all are done. Serve hot. Yield: approximately 24. (Note: Hush puppies may be prepared the day before. Wrap in foil and heat in a 350 deg. oven.)

FILLED POPCORN BALLS
Two (8 oz.) packages cream cheese, one (4 oz.) can deviled ham, beer, buttered popcorn. Blend softened cream cheese with deviled ham. Add a few tablespoons of beer gradually until mixture is soft enough to shape into balls. Shape into 1 inch balls. Chill. Just before serving, roll balls in buttered popcorn, pressing popcorn firmly into cheese. Yield: 2 dozen balls.

Health Hazards Of Low Carbohydrate Diets

"A new diet discovery," so reads the ad, and "eat all you want and still lose weight." So appears another version of the low carbohydrate diet, now promising sensational weight loss previously unobtainable.

A review of research by University of California Home Advisor Sharon Higgins reveals that the low carbohydrate diet is nothing new. Yet, year after year a new version of the diet low in carbohydrate and high in fat and protein reappears.

The popularity of the diet remains constant because quick and effortless weight loss is promised. Counting carbohydrates seems to be easier than counting calories say dieters, according to Mrs. Higgins.

"Weight loss is hardly permanent and certainly does not result from good eating habits," she adds.

A low carbohydrate diet has a great dehydrating potential. An average man's body has 10 gallons of water. Recent research has established that greater than usual weight loss can be attributed to water loss, not fat loss.

The water debt is soon repaid when the dieter returns to

regular eating habits. Researchers have found little difference in weight loss when calorie intake is restricted, regardless of varying proportions of fat, carbohydrate and protein.

"It is difficult to have a carbohydrate free diet. A zero carbohydrate diet plays havoc with your health," says the Los Angeles County Home Advisor.

She explains that humans must have a dietary supply of carbohydrate to supply nearly half of the body's energy needs. In addition, carbohydrates spare body protein.

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The Pomona College theater arts department production, "An Evening of Kabuki," which was chosen as one of 10 nationwide regional finalists in the fifth annual American College Theater (ACT) Festival, will present a benefit performance in Claremont at 8:15 p.m. Sunday, April 8, in Garrison Theater, Tenth Street and Dartmouth Avenue.

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In the show the viewer will find such familiar catch phrases as: "Can you see what's wrong with this tomato?" (catsup); "Teeth don't die a natural death. You kill them," (toothpaste); and "The best reason for going to Europe this summer is because you're not getting any younger" (airlines).

Tickets for the benefit performance, which may be purchased at the Bridges Auditorium box

office, The Claremont Colleges, or at any Ticketron outlet, are \$5 for general admission, \$10 for sponsors, and \$25 for patrons. Further information may be obtained by calling 626-4523.

The prize-winning production, first performed in English at Pomona College by an all-student cast in November, 1972, under the direction of Dr. Leonard Pronko, professor of romance languages, and a national authority on the Japanese theater art form, won the Pacific South Circuit (encompassing Arizona, Nevada, and California) regional finals of ACT in January, 1973. As one of 10 finalists selected from among 312 college and university productions given in 13 national regional festivals, Pomona College will restage its winning production of the two plays, "Gohiki Kanjincho" ("Old Time Kanjincho") and "Fishing for a Wife" ("Tsuri Onna") at the Eisenhower Theater of the Kennedy Center for the Performing Arts, Washington, D.C., at 2 and 8:30 p.m. Wednesday, April 25.

Funds raised from the Claremont benefit performance will enhance the 25 cast and technical crew members' four-day, expense-paid trip to Washington, enabling them to remain for the duration of the two-week festival, which opens April 23, and to help in repairing sets and costumes and to meet the logistical problem of transporting and setting up the sets for the production.

During the two-week festival, the cast will participate in workshops and symposiums, and observe the productions of the other nine college finalists, as well as two performances by the Japanese kabuki troupe from the National Theater of Japan, who have been invited to appear as guest performers at the festival. Cash awards and scholarships also are among the substantial fringe benefits of the festival.

One of the highlights of the ACT Festival is the presentation of Amoco Oil's bronze medallions of the Award of Excellence, which is presented to each student recipient. In addition to the individual medals, which are engraved with the student's name and year, a commemorative plaque will be presented to the college.

For the kabuki benefit performance in Claremont, the Pomona College theater arts department, who this year also won the Los Angeles Drama Critics Circle Award for its distinguished contribution in educational theater, will present the ACT Festival-winning plays, "Fishing for a Wife" and "Gohiki Kanjincho" in their entirety.

In addition, Dr. Pronko and his assistant, Takao Tomono, a graduate of the Claremont Graduate School who studied kabuki techniques with the National Theater of Japan, will give a performance of a kabuki dance, "Renjishi" ("Two Lions").

Elements of song and dance

(ka), dance (bu), and acting techniques (ki) form the foundation of kabuki, and without their harmonious blending the form cannot be said to exist," he added.

"These elements are presented within a framework of conventions several centuries old, which add a distinctive flavor and a heightened sense of drama to the performance."

The two plays in the production are of contrasting types and offer a variety of typical kabuki techniques presented as authentically as possible in English.

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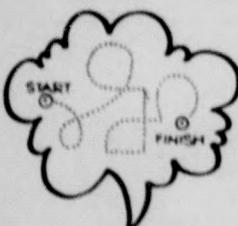
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April 17





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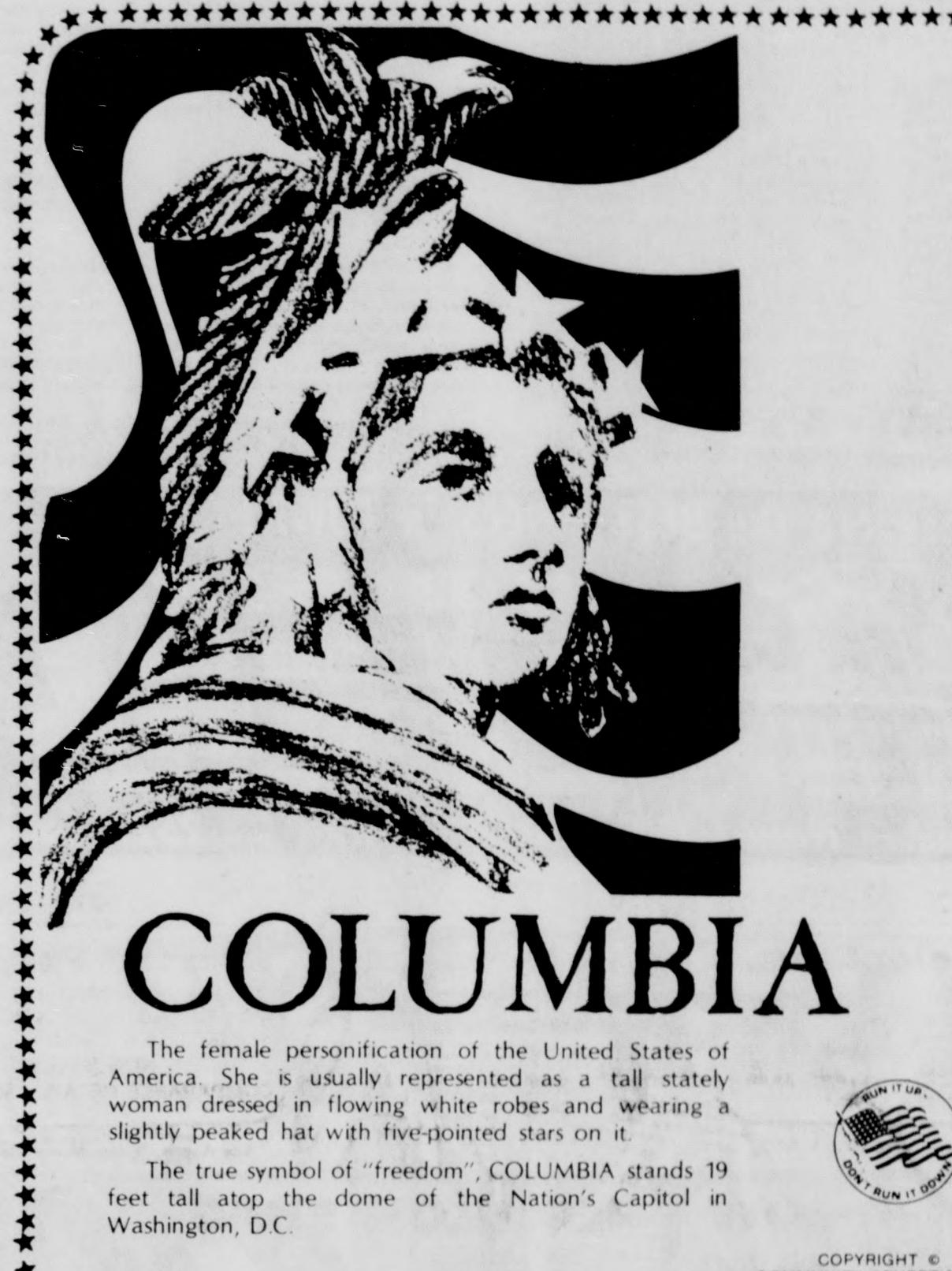
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ENTERTAINMENT

Film 'About A Star Who Happens To Be A Dancer'

'The Focus Is Always On The Personality Of Nureyev And His World'

"I Am A Dancer" is not so much a film about dancing as about a star who happens to

be a dancer--Rudolf Nureyev. Although the film rarely moves far from the dancer's world--in

Ice Capades Tickets Are Now On Sale

Tickets for the 1973 edition of Ice Capades are now on sale at the Long Beach Arena box office and the Los Angeles Sports Arena box office between the hours of 10 a.m. and 6 p.m. daily. The all new spectacular will open in Long Beach Wednesday April 18 through Sunday, April 22 and play in Los Angeles from Wednesday, April 25 through Sunday, May 13.

Ice Capades of 1973 provides delightful entertainment for the entire family. Newcomers this year include: three times U.S. National Pair champions Jo Jo Starbuck and Ken Shelley, Adelle Boucher and David Sadler.

Hilarious comedy is provided

by the famous Ruppert's Bears; Freddie Trenkler; the comedy team of Hans and Pepe and world-famous badminton champion Hugh Forgie and his partner, Shirley Marie.

Reserved seats are \$2.50, \$3.50, \$4.00 and \$5.00. Youth (18 yrs. & under) are 1/2 price Wednesday, Thursday 8 p.m. and Saturday 2 p.m. for Long Beach engagement, and on all Tuesdays, Wednesdays, Thursdays at 8 p.m. and Saturdays at 5 p.m. for the Los Angeles engagement. Special group discounts are available in Long Beach by calling 437-5409 and in Los Angeles by contacting Liz Osburn at 469-6600.

Performance, rehearsal, at the classroom barre--the focus is always on the personality, or persona, of Nureyev. Of course, even in a live performance with a cast of thousands, Nureyev is usually the center of attention. Such is the stuff of stars. And one supposes that it is precisely this personal magnetism that convinced producer Evaro Demetrio and director Pierre Jourdan to sink a lot of money into a full-length, commercially released film, which would, they gambled, attract more than the dance fans.

Inevitably "I Am a Dancer" hovers between documentary and glamorous package. Toward the end, when Nureyev is unpacking his dance gear in a dressing room, he states that he is simply a dancer, that dance is work and work is life. He is happy when he is working. Yet the simplicity of these remarks and Nureyev's view of himself is at odds with the cinematic treatment he receives.

The first scene is Nureyev taking a ballet class. We merely

hear the voice of the teacher and never see the other students. The camera lingers lovingly on each Nureyev muscle and droplet of sweat, as though his exertions were somehow unique. It is sheer hero-worship and tends to isolate the artist from the world in which he works.

In scenes of actual performance, the camera often cuts out the ensemble and even his partner, which again serves to place Nureyev on Mount Olympus solely because he is alone. And when Dame Margot Fonteyn, herself a great dancer and the one who brought Nureyev his initial fame and fortune, is ca-

ually eliminated from view, the camera is downright rude.

But Nureyev is a fabulous dancer and fortunately much of the film devotes itself to that fact. Scenes from ballets have been chosen to reflect his wide range and interests --classical ballets ("Sleeping Beauty" with Lynn Seymour, and "LaSylphide" with Carla Fracci), a modern romantic work, the first choreographed for him and the one that began the "Nureyev legend" (Frederick Ashton's "Marguerite and Armand," with Fonteyn), and a super-modern ballet (glen Tetley's "Field Figures," with Deanne Bergsma). The latter is actually a rehearsal, but the

most interesting thing about it is that despite the intimacy provided by the movie screen, it is just as boring as it is in living flesh.

There is also a rehearsal of Nureyev leading the ensemble of "LaSylphide" through its paces. Though only a run-through, Nureyev, without the aid of camera angle, totally eclipses the girls through sheer energy and interest in what he is doing. His intense concentration even in work helps to explain why he is so magnetic on stage, and for this reason this little rehearsal vignette is the most illuminating of the film.

Contest To Promote Safe Driving

KFI will be providing a public service by promoting safe driving habits in a new contest - the KFI Winnebago Safety First Contest - which will run on the station from Monday, April 9th through Sunday, April 29th on the shows of all KFI personalities.

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To enter the contest, listeners must call in on the contest lines during announced contest times to answer questions to be asked by all personalities. Correct answers will make the listener

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Inspect front grease
seals



HIGH IN THE SKY -- This Alta Loma high jumper managed to clear the bar at 5-4. His team went on to take the meet against Bonita, 70-48. The top mark for the high jump this week went to Cornett of Montclair and Cooper of Claremont at 6 foot even.

Upland Takes Loss In Baseball

Upland didn't fare well against Garey High Friday afternoon in baseball competition. The Highlanders lost on a five point spread 10-5.

Chuck Gallagher went all the way for the Vikings, allowing five runs on 10 hits. He held Upland scoreless after the second inning in which the Highlanders scored all five runs. "It's a good sign when you can come back like that," said Garey Coach Joel Wiese.

Upland rallied with five singles in the second inning and took a commanding 5-1 lead. Garey came back in the bottom of the inning to score six runs on four hits and five errors, sending 10 men to the plate.

With the bases loaded and no one out, Garey's Ron Rodriguez reached first on a fielder's choice scoring Chuck Gallagher from third. Will Lewallen singled, driving in Robbie Franklin, and moved to second and third on two errors by the catcher, also scoring Ron Rodriguez. Lewallen scored on an overthrow which allowed Eddie Carmean to get on base.

Upland's Mike Scharbrough re-

lieved starter Steve Iles with one out in the second inning and promptly gave up a double to Jerry Loftis, scoring Eddie Carmean.

Mike Harbottle In Swim Finals

Mike Harbottle of Montclair High finished fourth in the fresh-soph division 50 yard breast stroke Saturday in the CIF Southern Section swimming preliminaries at Belmont Plaza in Long Beach.

Harbottle swam the 50 in 30.2 to qualify for next week's CIF, SS swimming finals at Belmont.

As predicted, many of the area swimmers who qualified for the finals did not make the preliminaries. "It is virtually impossible for an individual to get to the CIF championships," said Montclair coach Jack Davison, "because the CIF finals in the Southern Section turn in the fastest time in the United States.

Montclair Lucks Out

The Montclair Cavaliers managed to take a 4-3 victory over Damien Friday, but it took five innings of relief pitching by Dan Jones and a questionable play in left field.

The big play of the game was a long fly by Mike Wolters to left. Bart Sullivan had to really travel to get his glove on the ball. It appeared he had caught it, but the umpire ruled he had not dropped the ball voluntarily and it was still in play. Sullivan got an error on the play and two Montclair runs scored to tie it at 3-3.

In the fifth, Dale Biggs sent a towering fly deep to left for a triple and then scored on a sacrifice fly by Larry Phillips for the eventual winning run.

We're not giving away bears this week.



B is for bear.

Before the spread of advanced civilization, the brown bears were plentiful throughout most of Europe, Asia and North America. In both size and coloration this animal probably varies more within its species than any other. The Syrian bear weighs about 150 pounds; the Kenai and Kodiak bears as much as 1,650 pounds. Some individuals are vegetarians, others carnivores, but most prefer a mixed diet. Brown bears are exceptional fishermen.

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PUBLIC NOTICES

CITY OF MONTCLAIR
NOTICE OF
PUBLIC HEARING

ZONE CHANGE NUMBER 215

NOTICE IS HEREBY GIVEN that a public hearing will be held before the Montclair City Planning Commission on Monday, April 23, 1973, at 7:30 p.m., in the Council Chambers, 511 Benito Street, Montclair, California, concerning a City initiated zone change from R-1 to A-P, for the property located at 4950 San Bernardino Street, legal description as follows:

18.5 acres located between Mountain Avenue and Wilson Avenue, North of Sixteenth Street.

Any interested person or his duly authorized representative or both will be afforded the opportunity to present at this hearing, both oral and written statements, arguments, or beliefs relevant to this proposal. Maps and other pertinent data may be inspected at the Planning Department prior to the public hearing.

Dated this 10th day of April, 1973

MONTCLAIR CITY PLANNING COMMISSION
Montclair Tribune No. 2388
Publish April 12, 1973

NOTICE OF INTENTION TO ENGAGE IN THE SALE OF ALCOHOLIC BEVERAGES

To Whom It May Concern: Subject to issuance of the license applied for, notice is hereby given that the undersigned proposes to sell alcoholic beverages at the premises, described as follows:

10244 Central Ave.,
Montclair (IN)

Pursuant to such intention, the undersigned is applying to the Department of Alcoholic Beverage Control for issuance of an alcoholic beverage license (or licenses) for these premises, described as follows:

ON SALE BEER
(Name of Applicant)
Lewis Troncoso
Montclair Tribune No. 2386
Publish April 12, 1973

NOTICE OF PUBLIC HEARING
CUP-188 (PRD-2)

NOTICE IS HEREBY GIVEN that the Planning Commission of the City of Upland will hold

PUBLIC NOTICES

a public hearing on Thursday, April 26, 1973, at 7:30 p.m. in the Council Chambers of the Upland City Hall to consider a request for a Conditional Use Permit to establish a Planned Residential Development (PRD-2), to be constructed in two phases of 72 units each, in an R-3-3600 Zone, on property generally described as follows:

18.5 acres located between Mountain Avenue and Wilson Avenue, North of Sixteenth Street.

Any interested person or his duly authorized representative or both will be afforded the opportunity to present at this hearing, both oral and written statements, arguments, or beliefs relevant to this proposal. Maps and other pertinent data may be inspected at the Planning Department prior to the public hearing.

Rod Anderson, Secretary
UPLAND PLANNING
COMMISSION
Upland News No. 4576
Publish April 12, 1973

ATTORNEY PRO PER
Dorothy Isabell Roberts
1215 E. "G" St.
Ontario, California 91764
(714) 983-8536

ORIGINAL FILED
MAR 12 1973
V. DENNIS WARDLE
COUNTY CLERK

Superior COURT OF CALIFORNIA, COUNTY OF SAN BERNARDINO

CASE NUMBER FLW 3640
ORDER FOR PUBLICATION OF SUMMONS OR CITATION

Petitioner: Dorothy Isabell Roberts
Respondent: Norman Francis Roberts

Upon reading and filing evidence consisting of a declaration as provided in Section 415.50 CCP by Petitioner Dorothy Isabell Roberts, and it satisfactorily appearing therefrom that the defendant, respondent or citee if his address is ascertained before expiration of the time prescribed for the publication of this summons or citation and a declaration of this mailing or of the fact that the address was not ascertained be filed at the expiration of the time prescribed for the publication.

PUBLIC NOTICES

plaintiff, petitioner, or citee therein and against the defendant, respondent, or citee and that the said defendant, respondent, or citee is a necessary and proper party to the action or that the party to be served has or claims an interest in, real or personal property in this state that is subject to the jurisdiction of the Court or the relief demanded in the action consists wholly or in part in excluding such party from any interest in such property: NOW, on motion of Pro Per Dorothy Isabell Roberts, Attorney(s) for the Plaintiff(s), Petitioner(s), or Contestant(s), IT IS ORDERED that the service of said summons or citation in this action be made upon said defendant, respondent, or citee by publication there of in The Upland News, a publication of Bonita Publishing, Montclair, California a newspaper of general circulation published at Montclair, California, hereby designated as the newspaper most likely to give notice to said defendant that said publication be made at least once a week for four successive weeks.

IT IS FURTHER ORDERED that a copy of said summons or citation and of said complaint or petition in this action be forthwith deposited in the United States Post Office, post-paid, directed to said defendant, respondent, or citee if his address is ascertained before expiration of the time prescribed for the publication of this summons or citation and a declaration of this mailing or of the fact that the address was not ascertained be filed at the expiration of the time prescribed for the publication.

Bids are required for the entire work described herein. Plans, specifications, and proposal forms for bidding this project can only be obtained at the office of the State Highway Engineer, Public Works Building, Sacramento, California, and may be seen at the offices of the State Highway Engineer at Sacramento, and the District Engineers at Los Angeles, San Francisco, and the district in which the work is situated.

The successful bidder shall furnish a payment bond and a performance bond.

Pursuant to Section 1770 of the Labor Code, the Department

PUBLIC NOTICES

from the partnership operating under the fictitious business name of L. F. Peck & Associates at 4745 Brooks St. Montclair 91763

The fictitious business name statement for the partnership was filed on October 30, 1972 in the County of San Bernardino

The full name and residence of the person withdrawing as a partner: Ray M. Cox 308 S. Akeley Dr., Glendora, Calif. 91740

Signed: Ray M. Cox
This statement was filed with the County Clerk of San Bernardino County on date indicated by file stamp above.

FBN File No. 6939
Montclair Tribune No. 2385
Publish April 12, 19, 26, May 3, 1973

DEPARTMENT OF PUBLIC WORKS
DIVISION OF HIGHWAYS
NOTICE

TO CONTRACTORS
Sealed proposals will be received at the office of the State Highway Engineer, Room 406, Division of Highways Building, 120 South Spring Street, Los Angeles, California, until 2 o'clock p.m. on April 19, 1973, at which time they will be publicly opened and read in Room 2 of said building, for construction on State highway in accordance with the specifications therefor, to which special reference is made, as follows:

San Bernardino County, near Upland, at Sapphire Street (OB-SBD-30-4.7), channelization to be constructed by grading and surfacing with asphalt concrete over the grading plane and existing pavement.

Bids are required for the entire work described herein.

Plans, specifications, and proposal forms for bidding this project can only be obtained at the office of the State Highway Engineer, Public Works Building, Sacramento, California, and may be seen at the offices of the State Highway Engineer at Sacramento, and the District Engineers at Los Angeles, San Francisco, and the district in which the work is situated.

The successful bidder shall furnish a payment bond and a performance bond.

Pursuant to Section 1770 of the Labor Code, the Department

PUBLIC NOTICES

ment has ascertained the general prevailing rate of wages by, including fees, charges and expenses of the Trustee, sums expended or advanced under the terms thereof, interest thereon, and \$13,350.00 in unpaid principal of the note secured thereby, together with interest thereon from August 1, 1972, as in said note and by law provided.

The interest conveyed to and now held by said Trustee is described as follows, to-wit:

The South 1/2 of Lot 9, Block 1, LYNCH ADDITION, in the City of Upland, County of San Bernardino, State of California, as per plat recorded in Book 14 of Maps, Page 39, records of said County.

Street address of property said to be 144 1/2 North 12th Avenue, Upland, California.

Dated: April 4, 1973
PMC INVESTMENT, INC.,
Trusted by: CONSTANCE H. NELSON
Assistant Secretary
(Corporate Seal)

Upland News No. 4575
Publish April 12, 19, 26, 1973

NOTICE OF TRUSTEE'S SALE
F-10171

On May 9, 1973, at 10:00 o'clock, a.m. at the MAIN entrance to the County Courthouse in the City of San Bernardino, County of San Bernardino, State of California

PMC INVESTMENT, INC., a corporation, Trustee under that certain deed of trust executed by RONALD W. FAZZI, a single man and recorded on August 6, 1972, in Book 7994, Page 418 as Instrument No. 277 of Official records in the office of the recorder of said County and State, by reason of a default in the payment or performance of the obligations secured thereby, including the breach or default, notice of which was duly recorded in said Official Records on January 3, 1973, in Book 8092, Page 200 as Instrument No. 143 will sell at public auction to the highest bidder for cash payable in lawful money of the United States at the time of sale, without warranty as to title, possession, or encumbrances, the interest conveyed to the Trustee by said deed of

BIDS ARE REQUIRED FOR THE ENTIRE WORK DESCRIBED HEREIN.

PLANS, SPECIFICATIONS, AND

PROPOSAL FORMS FOR BIDDING

THIS PROJECT CAN ONLY BE OBTAINED AT THE OFFICE OF THE STATE HIGHWAY ENGINEER, PUBLIC WORKS BUILDING, SACRAMENTO, CALIFORNIA, AND MAY BE SEEN AT THE OFFICES OF THE STATE HIGHWAY ENGINEER AT SACRAMENTO, AND THE DISTRICT ENGINEERS AT LOS ANGELES, SAN FRANCISCO, AND THE DISTRICT IN WHICH THE WORK IS SITUATED.

THE SUCCESSFUL BIDDER SHALL FURNISH A PAYMENT BOND AND A PERFORMANCE BOND.

PURSUANT TO SECTION 1770 OF THE LABOR CODE, THE DEPARTMENT

PUBLIC NOTICES

trust for the purpose of paying the obligations secured thereby, including fees, charges and expenses of the Trustee, sums expended or advanced under the terms thereof, interest thereon, and \$13,350.00 in unpaid principal of the note secured thereby, together with interest thereon from August 1, 1972, as in said note and by law provided.

The interest conveyed to and now held by said Trustee is described as follows, to-wit:

The South 1/2 of Lot 9, Block 1, LYNCH ADDITION, in the City of Upland, County of San Bernardino, State of California, as per plat recorded in Book 14 of Maps, Page 39, records of said County.

Street address of property said to be 144 1/2 North 12th Avenue, Upland, California.

Dated: April 4, 1973
PMC INVESTMENT, INC.,
Trusted by: CONSTANCE H. NELSON
Assistant Secretary
(Corporate Seal)

Upland News No. 4574
Publish April 12, 19, 1973

NOTICE OF TRUSTEE'S SALE
F-10171

On May 9, 1973, at 10:00 o'clock, a.m. at the MAIN entrance to the County Courthouse in the City of San Bernardino, County of San Bernardino, State of California

PMC INVESTMENT, INC., a corporation, Trustee under that certain deed of trust executed by RONALD W. FAZZI, a single man and recorded on August 6, 1972, in Book 7994, Page 418 as Instrument No. 277 of Official records in the office of the recorder of said County and State, by reason of a default in the payment or performance of the obligations secured thereby, including the breach or default, notice of which was duly recorded in said Official Records on January 3, 1973, in Book 8092, Page 200 as Instrument No. 143 will sell at public auction to the highest bidder for cash payable in lawful money of the United States at the time of sale, without warranty as to title, possession, or encumbrances, the interest conveyed to the Trustee by said deed of

BIDS ARE REQUIRED FOR THE ENTIRE WORK DESCRIBED HEREIN.

PLANS, SPECIFICATIONS, AND

PROPOSAL FORMS FOR BIDDING

THIS PROJECT CAN ONLY BE OBTAINED AT THE OFFICE OF THE STATE HIGHWAY ENGINEER, PUBLIC WORKS BUILDING, SACRAMENTO, CALIFORNIA, AND MAY BE SEEN AT THE OFFICES OF THE STATE HIGHWAY ENGINEER AT SACRAMENTO, AND THE DISTRICT ENGINEERS AT LOS ANGELES, SAN FRANCISCO, AND THE DISTRICT IN WHICH THE WORK IS SITUATED.

THE SUCCESSFUL BIDDER SHALL FURNISH A PAYMENT BOND AND A PERFORMANCE BOND.

PURSUANT TO SECTION 1770 OF THE LABOR CODE, THE DEPARTMENT

PUBLIC NOTICES

Agent up to 2:00 p.m. on May 2, 1973, at which time they will be taken to the Council Chambers and publicly opened. The Plans and Contract Documents may be obtained at the office of the Purchasing Agent, at the City Hall, 123 "D" Street, Upland, California, upon payment of Three Dollars (\$3.00) for each set, which amount will not be refundable. Work of construction shall begin within 10 days after the signing of the contract and shall be completed within 42 calendar days after the date of the contract.

Upland News No. 4569
Publish April 12, 1973

NOTICE OF TRUSTEE'S SALE
F-10171

On May 9, 1973, at 10:00 o'clock, a.m. at the MAIN entrance to the County Courthouse in the City of San Bernardino, County of San Bernardino, State of California

PMC INVESTMENT, INC., a corporation, Trustee under that certain deed of trust executed by RONALD W. FAZZI, a single man and recorded on August 6, 1972, in Book 7994, Page 418 as Instrument No. 277 of Official records in the office of the recorder of said County and State, by reason of a default in the payment or performance of the obligations secured thereby, including the breach or default, notice of which was duly recorded in said Official Records on January 3, 1973, in Book 8092, Page 200 as Instrument No. 143 will sell at public auction to the highest bidder for cash payable in lawful money of the United States at the time of sale, without warranty as to title, possession, or encumbrances, the interest conveyed to the Trustee by said deed of

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PLANS, SPECIFICATIONS, AND

PROPOSAL FORMS FOR BIDDING

THIS PROJECT CAN ONLY BE OBTAINED AT THE OFFICE OF THE STATE HIGHWAY ENGINEER, PUBLIC WORKS BUILDING, SACRAMENTO, CALIFORNIA, AND MAY BE SEEN AT THE OFFICES OF THE STATE HIGHWAY ENGINEER AT SACRAMENTO, AND THE DISTRICT ENGINEERS AT LOS ANGELES, SAN FRANCISCO, AND THE DISTRICT IN WHICH THE WORK IS SITUATED.

THE SUCCESSFUL BIDDER SHALL FURNISH A PAYMENT BOND AND A PERFORMANCE BOND.

PURSUANT TO SECTION 1770 OF THE LABOR CODE, THE DEPARTMENT

PUBLIC NOTICES
FICTITIOUS BUSINESS
NAME STATEMENT

The following person (persons) is (are) doing business as: Cal-Western Weed Control, at 1447 N. Mountain Ave., Upland, Calif. 91786

Leland J. May
1447 N. Mountain Ave.
Upland, Calif. 91786

This business is conducted by (1) Leland J. May an individual.

Leland J. May

This statement was filed with the County Clerk of San Bernardino County on MAR 13 1973

FBN FILE No. 7890
EXPIRES Dec. 31, 1978

ORIGINAL FILED MAR 13 1973

V. DENNIS WARDLE
COUNTY CLERK

Upland News No. 4557
Publish March 22, 1973

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Mini-Vegetable Plants Fit That Plot And Pocketbook

The high cost of food is sending more and more city folks to their small backyards and patios to see what they can do about raising a few vegetables. If you are among these hopefuls, you may be able to help keep down your food budget better than you think. And home grown vegetables are tastier.

The hybridizers are cooperating with us. There are now more than 15 varieties of mini-vegetables that those of us with this kind of space-age problem can grow.

Containers are your answer for most of these; but if you can dedicate a plot at least, say, six by nine, you can raise along with a few minis even some of the regular size varieties.

SIX HOURS OF SUNLIGHT

You do need a location having about six hours of sunlight each day. Radiation from a bright garage wall will also help. If you can't provide a sunny plot, containers on runners or light enough to be moved easily can be toted into sunny spots each day. You can also raise some in hanging pots and on fences.

Containers can be almost any-

thing you can dream up. Clay pots come in various sizes. There are pots of styrofoam, plastic, and fiber on the market and a variety of planters and window boxes. Nail kegs and half-barrels are decorative.

Bushel and half-bushel baskets can be lined with plastic sheeting. Boxes can be weather treated, but don't use creosote. Wooden planters of redwood, cypress or cedar last well without preservatives and are handsome.

All your containers need drainage. If you use solid ones, make holes along the sides here and there rather than in the bottoms. Also a layer of broken clay pots, pebbles, or cinders should be in the bottom.

SOIL CONDITIONING A MUST

The soil of your little garden plot should be improved the way you condition it for your flower borders, only even a bit richer. It, too, must have good drainage. You may wish to enclose it with wire fencing, in which case you can raise vine plants like tomatoes, cucumbers, and possibly pole beans on the north or west side.

Your rows should run as nearly

as possible from east to west to get the most sunlight, with taller plants at the back. In a little 6 by 9 plot suggested by Northrup King slightly over half the plot is planted to three rows -- lettuce, beets and chard -- with two tomato plants, staked, in the remaining area. Along the back, trained on the fence, are pole beans and cucumbers. These are all full-size vegetables. You can supplement with minis in containers.

Variations of this plan can concentrate on one or two vegetables. Perhaps more tomatoes. And you might edge the garden with leaf lettuce, chives, radishes, parsley, French basil, or onion sets. Mini-carrots make a pretty edging. I like to edge my vegetable garden with marigolds, the little six-inch ones, which bloom all summer and help keep the bugs away.

Trees Vital Ingredient In Our Outlook On Life

There are many reasons to plant trees -- all good. To start with, they provide shade and temperature control. Trees also frame the view of both the outside world and of the home itself, and in so doing influence one's outlook on life.

Trees also offer protection from the wind, reduce noise, afford privacy, and their silhouette against the sky can be a study in aesthetics day or night. Today, amid interest and concern for the quality of the environment, people are becoming increasingly aware that trees are a vital ingredient in the overall scheme of things.

In the Golden State, March 7 is designated as Arbor Day and Californians in impressive numbers participate in Tree Planting Day activities, setting out trees in great variety and number.

There are instances where property owners have prepared to cut down existing trees -- only to have fellow citizens actively protest such action. Cutting down an established tree is an environmental sin, say the concerned parties, and this thought points up the respect in which trees are held, and the care which should be taken in planting them in the right place. For if cutting down an existing tree is a sin, what greater sin it would be to grow a new tree in the wrong location and be faced with cutting it down at some future time.

MINIS IN FLOWER BORDER
If you have a flower border, you can grow a few mini-tomatoes in it, and even other minis, and edge it with lettuce, French basil or parsley.

You plant your small vegetable plot entirely with mini-vegetables if you wish to have more kinds, or more plants of what you like to raise. For example, in that little 6 by 9 plot or less, you can raise midget sweet corn, little head lettuces, midget watermelons and cantaloupes, small winter squash, mini-eggplants, half-length carrots, and cucumbers, and perhaps three or more varieties of mini tomatoes.

Some of these are the vegetables you will be raising in containers, too, although it is perfectly possible to raise full-size lettuce, snap beans, radishes and some other regular size vegetables in containers.

HOW YOU SPRAY DOES MAKE A DIFFERENCE!

MIX SPRAYS IN A COMPRESSED AIR SPRAYER. MEASURING EXACTLY AS RECOMMENDED. SPRAY JUST TO THE POINT OF RUN-OFF. SAVES SPRAY MATERIAL - GIVES BEST RESULTS.

DEEP-FEED SHADE TREES

POKE HOLES TWO FEET APART, ABOUT TEN INCHES DEEP IN CIRCLES UNDER FARDEST BRANCHES. FILL WITH LAWN FOOD.



PLACE A CAN OR JAR ON THE LAWN AT THE FARDEST SPRINKLING POINT. STOP WATERING WHEN YOUR "METER" IS TWO TO THREE INCHES FULL.

← HOME-MADE WATER METER

Lilacs: Easy Way To Thrill Easterners

Transplanted Easterners that long for a touch of the old hometown may just find it in a local nursery. More and more nurseries, throughout California, are offering increased numbers and varieties of Lilacs.

It hasn't been too many years since the symbolic and time-honored Eastern Lilac (*Syringa vulgaris*) and the Persian Lilac (*Syringa persica*) were the only ones available in the Golden State. They may or may not do well in a given location. It depends upon climate, from year-to-year. After a severe winter, such as just experienced, the flowering results are generally reminiscent of back East.

A French hybrid of the Eastern Lilac has found favor in many California areas, and there is a good color choice available. The wine red Charles Joly and blue Michael Buchner are but two varieties which do well in marginal areas.

Plantmen sought to hybridize Lilacs which would perform well, and which could be relied upon for good performance in the mild climates throughout California. One of the first so-called "warm weather" Lilacs was Lavender Lady. It consistently produces lavender - purple, fragrant flowers and grows to medium height with handsome green foliage. Because of its adaptability, Lavender Lady is available in many California nurseries. An excellent companion plant is the newer hybrid, Angel White Lilac. It is covered with pure white flowers in spring -- without winter chilling.

It may take some shopping for the newer ones, but it is worthwhile, when you consider the color possibilities of the "warm season" Lilacs. Spring in Descanso is the deepest lavender; Blue Boy and Chiffon offer lighter lavender shades; and Sylvan Beauty produces rose lavender flowers -- to name a few. All are vigorous growers and free-blooming specimens.

Plant Lilacs where the water can be kept from them from mid-September until Jan. 1 -- especially avoid planting them in the lawn, advises the California Association of Nurserymen. It is necessary to withhold water, to force dormancy from early fall until spring when the flowers are normally produced.

The Child's Garden: A Learning Experience

The following was written by Tom Marshall, a journalism major at Cal Poly, San Luis Obispo. The piece was selected as the first place winner in a California Association of Nurserymen-sponsored Garden Feature Writing Contest staged in cooperation with the Cal Poly Journalism Department.

--Editor.

BY TOM MARSHALL

If you've had a hard time lately getting your children to eat vegetables, it may be a good idea to let them start their own garden and grow their own vegetables. It will give the youngsters an insight into plant growth and a sense of accomplishment when the finished product is picked, cooked and served at the dinner table.

A home vegetable garden is not as complicated as it might sound. Many crops can be grown in very limited space with good results. Easter week, when children are out of school, is an excellent time to plant vegetables. This will enable them to harvest their crops in summer -- starting when school is out, and continuing well into the summer vacation. What better summer project than caring for, and harvesting vegetables for the whole family to enjoy?

A sunny site should be chosen where the soil can be prepared to a depth of a foot or more. Allow the child to help in obtaining and applying enriching organic material to the soil. Compost is good, if you have it; nurseries have peat moss, leaf mold, and woody bark products, as well as ready-to-use planter mixes. These materials help beef-up the soil, help with drainage, and retain moisture.

A sharp hoe, or cultivator is good for checking weeds, but they can be controlled by spreading a two or three-inch mulch throughout the vegetable garden. There are commercial mulches to use, as well as grass clippings, hay or even pine needles. Mulching includes several side

benefits including the addition of gradually decomposing material into the soil, the maintenance of fairly constant soil temperature and retention of moisture.

There are many summer vegetables to plant now, and your nurseryman can assist you in selecting them. For the child's garden, such things as Radishes, Squash, Beans, Corn and Leaf Lettuce are excellent choices, because of harvest times. For instance, if Radishes are planted during Easter week, youngsters can be harvesting them in early June -- probably even before school is out; Summer Squash -- Zucchini, Crookneck, Scallop -- take about 60-75 days; and Lima and Snap Beans take about 75 days. With Corn, planted now, it's about 90 days until picking time. A novel item is Rhubarb (Swiss) Chard, which is reddish-leaved and of ornamental value, as well.

It takes about 50 days until first harvest, but, since you take just the bottom leaves you've a decorative plant as well as a tasty vegetable for the table -- for up to six months.

Gardener's Checklist

1. April is a big month for planting summer-flowering annuals from nursery flats. A wide selection is available.
2. Give lawns a spring feeding now. They will green-up within a week of being fed. Your nurseryman can recommend the proper lawn food for the type turf you have.
3. Primrose plants may be divided as soon as they complete their spring bloom.
4. Azaleas, Rhododendrons, Roses and Camellias -- full of buds or in full bloom -- make ideal Easter gifts.
5. Now is the time to plant Tuberous and Fibrous Begonia seedlings. Give them some shade in hot, sunny climates.



TOUGH AND BEAUTIFUL -- That describes the Oleander -- a favorite shrub for California landscapes. Oleanders don't need pampering and reward gardeners with months of summer bloom -- in shades of pink, red, salmon and white. Nurseries have a big selection of Oleanders from which to choose now, and it is an excellent time to plant. Photo shows 1 gal. size nursery container plant, which soon develops into a large shrub for screening purposes -- or decorative beauty in dry, barren areas.

A Strong Economic Year Is Predicted

Pronounced upsurges in income and spending by consumers and business during this year's opening months point to a strong year for both California and the nation, Security Pacific National Bank reported recently.

A more moderate homebuilding pace, a slight slowing in sales of major household goods and a projected easing of business spending may serve, however, to restrain economic growth during 1973's closing months.

Security Pacific Bank's just released quarterly economic forecast for California and the nation, prepared by the bank's Economic Research Division, predicts that inflation, although under control, will continue to trouble consumers and business alike.

"Food prices -- particularly for meat -- will continue to rise rapidly through the middle of this year, and these increases will spur an anticipated 3.8 percent gain in 1973's cost of living," said Dr. Robert T. Parry, vice president and chief economist of the bank's Economic Research Division. "Our forecast indicates that rising food prices should ease somewhat during this year's closing months, as supply conditions adjust to the increased food demand and a change in government farm policy."

Assessing the national outlook, Dr. Parry predicted further substantial gains in disposable personal income. He explained that this upturn reflects expanding employment, a \$1.9 billion Federal pay raise, the recent acceleration in Social Security benefits and approximately \$6 to \$8 billion in extra tax refunds due to overwithholding.

Although consumer spending will remain at a relatively high level this year, Security Pacific Bank's chief economist stressed that the rate of consumer saving will rise rapidly as part of the enlarged income will repay last year's record consumer borrowing.

Strong areas of consumer buying will include household durable goods and autos. "Auto sales should rise ten percent over last year, with sales

projected at 11.5 million cars this year," Dr. Parry added.

Turning to Administration prospects for limiting the budget, Dr. Parry expressed doubt that Congress would approve proposed cuts in Medicare, veterans' benefits and other welfare payments totaling \$1.4 billion in fiscal 1974. "An even greater potential expense -- reconstruction of Southeast Asia, estimated in the \$7 billion range over a five-year period -- has not been mentioned in the revised 1973 or proposed 1974 budgets," he emphasized.

"Despite these budgetary problems, however, we do not anticipate any significant change in taxes this year."

In analyzing California, Security Pacific Bank's chief economist stressed several factors which should stimulate the state's economic outlook. Included in this list of encouraging trends are continuing improvements in employment -- up almost three percent over 1972 -- causing the unemployment rate to dip down to 5.1 percent for this year. That would mark California's lowest jobless rate since 1969.

"Our analysis of California's labor scene," Dr. Parry stated, "indicates expansion in all major employment sectors -- particularly trade, finance, insurance, real estate, services, construction and state and local government. We do anticipate a downturn in statewide agricultural employment, however, which would mark that sector's fourth consecutive annual decline."

Income for California residents should reach \$102.2 billion this year, representing a gain of \$8.6 billion over 1972's total. Security Pacific Bank's forecast notes that this increase will spur a complementary rise in consumer spending -- particularly for such durable goods as automobiles and building materials. Dr. Parry projected a ten percent gain over last year's sales volume of more than \$56 billion.

Commenting on California's building outlook, Dr. Parry forecast continued strength in the homebuilding market until expiration of the emergency moratorium measure in early April.

Avocado And Chicken Easy To Prepare

Avocado Chicken Mornay is one recipe every young hostess will want to have tucked away for a "bewitching hour" feast.

It stands to reason that as life styles have become more flexible, late evening, or midnight suppers have become more popular. And why not? Since restaurant checks are on the upswing, a home-cooked after-theater company meal certainly does seem an inviting, sensible finale to an evening out.

What nicer way to treat your friends than with this scrumptious baked chicken topped with a delicate cheese sauce and

crowned with creamy avocado slices. Everybody loves chicken, but when it's served piping hot, wafting the irresistible flavor-france only wine can give to poultry, your guests will know something unusually delicious has happened!

Hard to believe is the fact that you accomplished your culinary feat by simply combining such basic foods as a loaf of bread, several chicken breasts, a can of soup and a California avocado!

The recipe can be prepared early in the day, with the final baking taking place a half hour

before serving. And while the chicken bakes you have time to heat the Mornay sauce, slice the French bread, set out a bowl of spicy peaches and make the coffee. After that, service is every man for himself, happy-go-lucky buffet style.

Elegant California avocados help make company meals special and easy-to-fix; try Avocado Chicken Mornay and see!

AVOCADO CHICKEN MORNAY
4 chicken breasts, boned and cut in half

Seasoned salt and pepper flour

1/3 cup butter or margarine

1/2 cup dry white wine

1 recipe Mornay sauce (below)

1 California avocado, peeled and cut into 8 slices

Lemon Juice

Parsley (optional)

Hot sliced French bread

Whole spiced peaches (optional)

Sprinkle chicken breasts with seasoned salt and pepper; coat with flour, shaking off excess. Melt butter in large skillet; sauté breasts in skillet until golden brown on both sides. Transfer to baking dish. Drain fat in skillet.

Pour wine into skillet; stir until all brown bits are melted; pour wine into skillet; stir and pour over chicken in baking dish. Cover chicken tightly with foil and refrigerate. About 30 minutes before serving, bake foil covered chicken breasts in 350°F. oven, 35 to 40 minutes or until done. Meanwhile, prepare Mornay sauce.

Mornay sauce: Combine 1 (10 oz.) can cream of mushroom soup with 1/2 cup milk, 1/2 cup shredded natural Swiss cheese and 2 tablespoons Parmesan cheese. Heat until cheese melts, stirring often. Makes about 2 cups.

To serve: Arrange chicken breasts on a platter; sprinkle avocado slices with lemon juice and arrange one slice on each piece of chicken. If desired, garnish platter with parsley. Place Mornay sauce in sauceboat and set beside chicken along with sliced French bread.

Each guest helps himself to a slice of French bread, covers it with a chicken breast and then pours over some of the Mornay sauce. If desired, serve with a bowl of spiced peaches. Makes 8 servings.

No Corn: Pop A Basket For Easter--And For Fun

Easter is a good time for sharing fun and baskets. This year why not open the spring season with an Easter popcorn basket -- making party for the neighborhood. Jiffy Pop Popcorn makes the popping easy and children love to do it. Form a large popcorn basket centerpiece in a mixing bowl, let the kids make their own individual ones using custard cups. Brightly dyed eggs go into the large basket, jelly beans into the small ones. Decorate with flowers, ribbons and bows. Baskets can be saved for Easter morn, or eaten on the spot.

POPCORN BASKETS
1 pan (5 oz.) Jiffy Pop Popcorn

1 cup granulated sugar
1/2 cup corn syrup
1/2 cup water
1/4 cup butter

Prepare popcorn carefully following package directions. Pour into a large pot or kettle. Combine sugar, corn syrup and water. Boil mixture until it reaches 240 degrees on a candy thermometer (or until a little mixture dropped in cold water forms a soft ball). Remove from heat; stir in butter. Pour mixture over popcorn and mix well with wooden spoon. With greased hands press popcorn around inside of medium sized bowl. Reserve a generous handful for handle. Roll popcorn into rope between palm. Make a semicircle, attach to top to form handle. Remove from bowl.

Note: For individual baskets prepare popcorn mixture as shown above. Place pot over low heat on stove in order to

keep candy warm for easy shaping. Use 6-8 custard cups for molds. Form handles and attach as above.

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Butterhorn Coffee Cakes Pkg. of 6, Reg. 53¢

Lemon Meringue Pie 8 Inch, Reg. 85¢

Frozen Foods

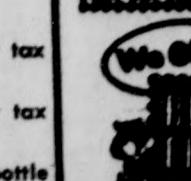
CERTI FRESH FISHSTICKS—14 oz.	79¢
CERTI FRESH FRENCH FRIED HALIBUT—8 oz. pkg.	69¢
STOUFFERS MEAT PIES—10 oz.	59¢
★ CHIX ★ BEEF ★ TURKEY	59¢
PICTSWEET STEW VEGETABLES—2 lb. bag	59¢
ORE IDA TATER TOTS 2 lb. bag	49¢
1 lb. pkg.	29¢
PATIO ENCHILADAS—BEEF OR CHEESE 8 oz.	3 for 1.00
PATIO BEEF TAMALES—21 oz.	69¢

Delicatessen

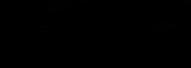
OL. VIRGINIA SLICED MEATS—12 oz. pkg.	79¢
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★ SPICE LOAF ★ A.B. SALAMI	
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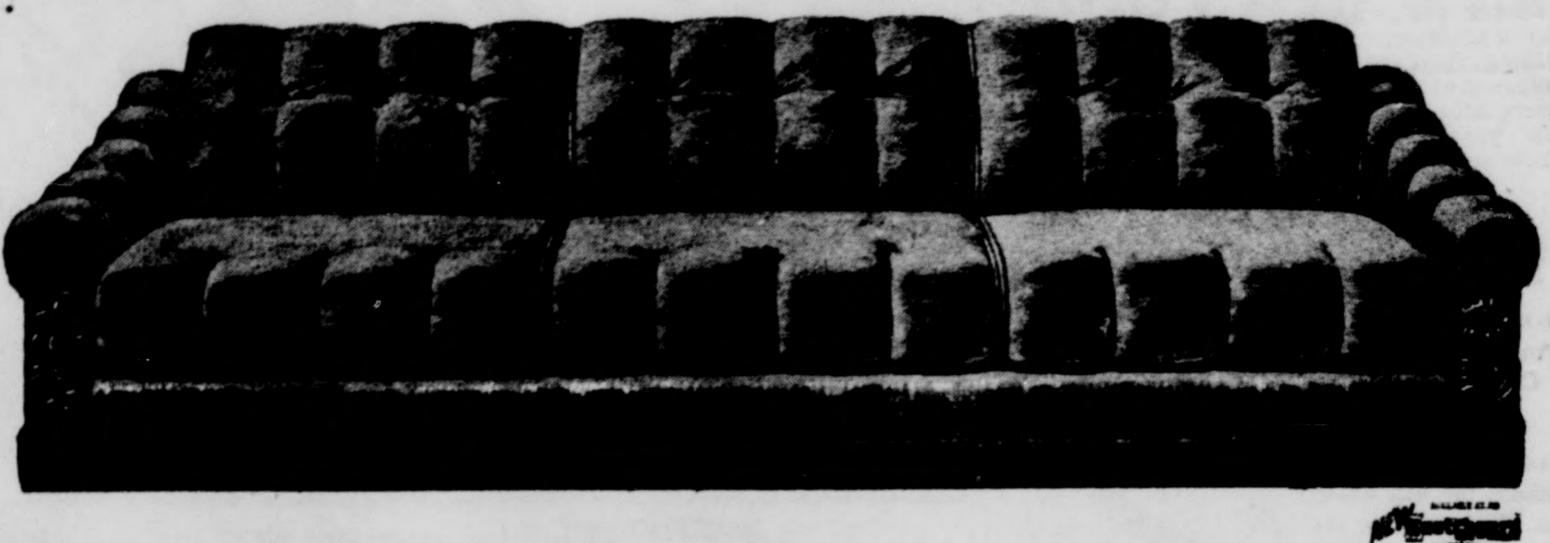


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Sacramento 46-oz. Can TOMATO JUICE	4 FOR \$1	Hills Bros. COFFEE	3 LB. CAN 239	Special Value! Broken, Pitted OLIVES	39¢
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BANANAS	10c LB.	Large CELERY	19c	1-Lb. Cello Pkg. CARROTS	8c
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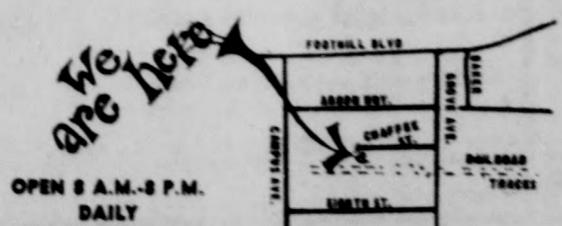
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AT LIBRARY

Seniors Display Books

Eight Scripps College seniors who have been collecting books in their particular interest for the past four years are displaying their collections in Denison Library at Scripps College through April 13.

The students are vying for the \$100 Slocum Award, given annually by Ms. M. S. Slocum of San Marino for the best collection of 25 or more books. The entrants must also submit a bibliography and a brief statement describing their choices and suggesting meaningful future acquisitions.

This year's entrants and their topics are Lisa

Brewer, Western Americana; Catherine H. Hilton, 19th and 20th Century Painting, Sculpture and Architecture; Brenda Garb, Interdisciplinary Series Paperbacks; Mary Lisa Mead, English and American Literature; Kristine Rinella, Literature of the English Renaissance and literary criticism dealing with this period, including some basic works on criticism; Patricia Ruth, the English Renaissance in Verse; Christe Ann Whitaker, "The Road Goes Ever On" - The Library of a Comparative Cosmologist; and Robin Winters, the Italian Renaissance.

The entrants will meet with the Slocum Award judges March 7. Judges are Robert Dougan of Pasadena, recently retired Librarian of the Huntington Library; Muir Dawson of Dawson's Book Shop in Los Angeles; and Ward Ritchie of the Anderson, Ritchie and Simon Press in Los Angeles. Winners will be announced at Scripps' closing convocation in May.

A \$54,923 National Science Foundation (NSF) grant will be used to set up an eight week summer institute at California State Polytechnic University, Pomona for 40 especially selected high school geography teachers.

The program, which will be under the direction of Dr. Crane S. Miller, Cal Poly assistant professor of social sciences, will run weekdays from 9 a.m. to 3 p.m. from June 25 through August 17 with a monthly follow-up inservice institute.

Thirty of the 40 participants will be chosen from the southern California area; the remaining 10 from other parts of the state or other states in the U.S. Applicants must have teaching credentials and currently be teaching geography.

According to Miller, the NSF grant is a result of recent recognition on the part of California educators that the state's educational program needs more emphasis on geography. Surveys of programs in other states show California's programs to be underplayed.

The environmental awareness syndrome, says Miller, is responsible to some degree for a new attitude toward geography. However, he adds, geography -- cultural and physical -- has always been an essential part of a basic education.

The 40 institute members will be able to earn eight units of graduate credit for the summer work and three additional credits for the followup inservice. Those taking part will receive support funds of from \$400 to

\$600 plus their enrollment costs.

Miller will be assisted in the institute operation by Dr. Emilio J. Stanley, Cal Poly associate professor of social sciences and Stephen Slakey, faculty member at La Puente high school.

-STEVE MANN

It's Your Money

By JOHN Q. BANKER
Vice President and Manager
Crocker Bank

Q: In order to supplement our income, my wife wants to work. We both know the advantages of this — more money — but could you outline the disadvantages we should weigh before making the decision?

A: New expenses you can expect which are directly connected with the job include clothing, grooming, lunch money, and transportation. But there are other, indirect expenses to cover, or at least problems to solve. If you have children, you will have to arrange for child care, whether you pay for the service or it is donated by a friend or relative. The household chores will have to be managed, either by paying someone, having the children do it, or deferring some of your free time. And not to be discounted is the fact that with increased income, your taxes increase too. After deducting these expenses from your wife's paycheck, see if it is still big enough to warrant the new job.

Q: I'm neither pro nor con women's liberation, but I think I should have equal say in mapping out our family's expenses. Granted, my husband is a whiz with figures, but why should he plan the budget alone?

A: Planning is most effective where there is a mutual confidence and trust with both spouses participating as equals. The only exception would be where one partner is incapacitated or immature, which is not often. A sure-fire way of defeating a budget — and often causing marital problems — is for one partner to dominate and use financial control as a means of imposing his will on the other. However, when both spouses know fully the boundaries within which decisions are to be made and respect each other's opinions, a teamwork grows in staking out and judging needs. In some areas, such as household goods, a wife may have a better perspective. In others, such as house repairs, the husband may excel. The children's opinions, too, can be beneficial and participation will provide them with a learning experience. When the whole family is involved in the decision-making process, all work harder to make the program successful.

Q: Is the domestic excursion fare offered by airlines much cheaper than the price of a regular ticket?

A: The excursion fare does give you a discount on the standard round-trip fare. However, you must depart one week and return the next, with no travel on weekends. Actually, many types of airline discount plans exist, and you can almost always fly at a reduced rate if you are willing to be flexible in your plans.

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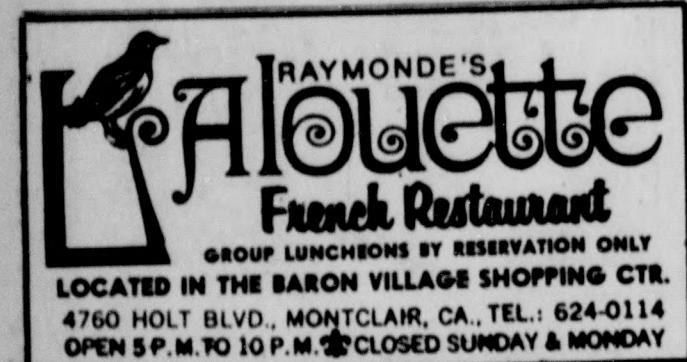
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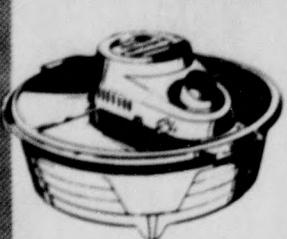
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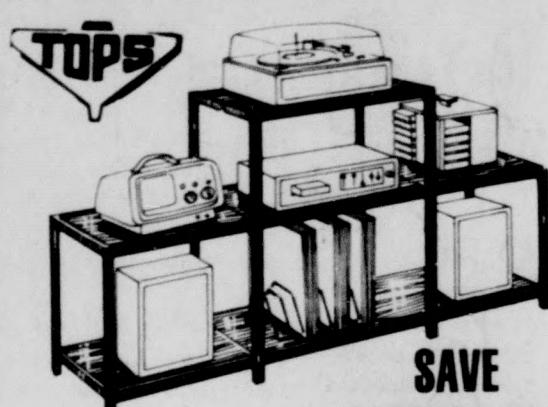
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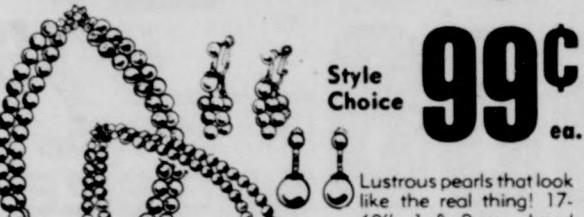
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DONATIONS UP

Annual Report Released

The 1972 Annual Report of Muscular Dystrophy Association of America, the national voluntary health organization headed by Jerry Lewis, has just been released through the Association's Los Angeles County Chapter. It was announced by Dale Schoenbein, chapter president.

"MDAA's performance in fiscal year 1972 was nothing short of astounding," said Schoenbein. "Just consider this: the association upped the amount of money it spent on fund-raising by just a hair more than \$200,000 more than fiscal year 1971 and achieved a total revenue increase over that year of more than \$4 million."

The report indicates that MDAA's national income in fiscal year 1972 reached a record high of \$16,911,598 -- a better than 33 percent increase over the previous year.

"We're truly proud of this fund-raising achievement," said Schoenbein, "and deeply grateful to the people of Los Angeles County who played such a significant role in making

it possible. But the aspect of the report we're most proud of is what the national audit says about how the money we raised was spent."

"While nearly three and a half million dollars of our expenditures went to support MDAA's growing worldwide research program, seeking cures or treatments for dystrophy and related crippling diseases, most of our 1972 income gain was returned to communities and like ours in the form of

those funds was used for public health improvements right where the money came from -- for free clinics, direct aid to local patients, summer camps, transportation and education programs and the like. Less than 19 percent of national expenditures went for supporting services -- 14.9 percent for fund-raising and 5.3 percent for management. What all this boils down to is a record very few American health agencies can compete with."

"More than 81 percent of MDAA's 1972 national expenditures went for program services," concluded Schoenbein, "and the biggest category of

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those funds was used for public health improvements right where the money came from -- for free clinics, direct aid to local patients, summer camps, transportation and education programs and the like. Less than 19 percent of national expenditures went for supporting services -- 14.9 percent for fund-raising and 5.3 percent for management. What all this boils down to is a record very few American health agencies can compete with."

In the former category, the report shows 1972 expenditures exceeding \$4 million -- a nearly million-dollar increase over the previous year. MDAA's 1972 Community Services expenditures were increased 66.5 percent over fiscal 1971.

"More than 81 percent of MDAA's 1972 national expenditures went for program services," concluded Schoenbein, "and the biggest category of

Vacation Time Is Here

Want to know where you can camp in the desert during Easter vacation?

You can find out from a joint Information Service being set up experimentally in the Los Angeles area by federal, state and local agencies.

The new telephone service will provide up-to-the-minute information on the more than 12,500 campsites they maintain in the California Desert. Call "Desert Camping" in Los Angeles, (213) 629-2544.

The program is an experiment to try to help campers caught in the annual spring rush to the desert. It will give them information on availability

of campsites, camping conditions, and any special rules or regulations they may need to know about.

The agencies hope that campers, in return, will help by assisting in litter control and following other precepts of outdoor good manners.

More campers than ever are anticipated in the desert this year, with specially good wildflower blooms predicted, and off-road vehicle use continuing on the upswing.

Even the most remote campgrounds are expected to be filled at the peak of the rush. But at other times, the agencies say, there may be space at the

more out-of-the-way spots even when the "Full Campground" sign has been nailed up at the more popular areas. And it's always better to know what your chances are before starting off on a 200-mile drive.

The program is being coordinated by Richard Felty, Assistant Deputy Director for the California Department of Parks and Recreation in Los Angeles. Assisting him will be Donald M. Robinson of the National Park Service, who will work with the other Federal agencies such as the U.S. Forest Service and the Bureau of Land Management. Also participating

will be representatives of Riverside, Imperial, San Bernardino, Inyo and Kern Counties, and a number of local recreation and park agencies.

Because the program is experimental, the telephone service will be provided only in the Los Angeles area. The service will be available from 8 a.m. to 5 p.m., Monday through Saturday.

Information on private campgrounds and those of non-participating agencies and on camping outside the desert area will not be handled by the service. But an effort will be made to refer callers to appropriate information sources.

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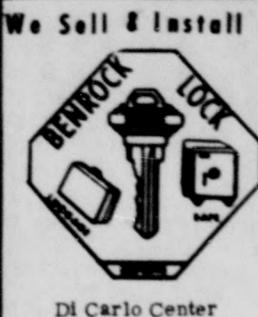
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Are you having trouble finding a product to clean your fiber glass bath tubs? For a free demonstration of a product that gives results without damage to your tub or hands!! no obligation.. call: 985-2297.

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1 plus acres, ideal for trucking yd., mfg. or commercial. Nice 3 bdrm. home at frwy. on & off ramp. \$30,000.

SHELLEY REALTY 9854 Foothill Blvd. Cucamonga, California 987-2284 or 628-4284.

SURPLUS PROPERTY: sealed bids will be received by the Cuca. County Water Dist., 9641 San Bernardino Rd., Cucamonga, Calif., at 10 a.m. April 17, 1973 for a parcel of land located at the SE corner of Amethyst & 19th St. in Alta Loma. Approx. size, 40' x 133'. Minimum accepted bid, \$1,000.

Miscellaneous

GARAGE SALE: antiques, new & used furniture. 634 Pearlanna, San Dimas. Thurs., Fri., Sat. & Sun.

YARD SALE: tools, glassware, antiques, dishes, 10283 Laird, Mont. (corner of King & Sibley).

Miscellaneous

LOST - White Stag dark blue swim team jacket (El Monte Aquatics on back), name on front (Kevin LaMont), 15 swimming patches on front, also, Stolen at San Dimas City Track Meet, Sat. Mar. 24. REWARD. (213) 339-6952.

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FOR SALE '66 GMC 3/4 ton Pick Up - 10 1/2 ft. Camper Many Extras - \$2595; also Chev. Eng. 283 - \$35, '57 Chev. Body - Bel Air, see at 12345 Central at Pomona Freeway, Chino (Gulf Station)

Automotive

Bachelor apt. available now, \$62/mo., furn., in San Dimas. Prefer male under 25. Call: (213) 331-7539 or (213) 331-9355. Ask for Stan.

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PART OR FULL TIME

Now available in the Pomona Valley area. You may keep your present position. All locations are commercial or factory furnished by us. Qualified person will become distributor for our candy (Mounds, Almond Joy, Baby Ruth, Butterfinger, Nestles, Planter's, Tootsie Rolls, Pay Day, Milk Duds - advertised nationally on T.V. etc.). We are a national company. Very high income potential. You must have 2-8 hrs. per week spare time (days or eves.). \$2385. REQUIRED

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If you don't keep your present home, let us show you this extra sharp 4 bdrm. 2 bath home. Completely remodeled, carpeted, drapes, covered exterior, includes garage. Priced right at \$21,300. FHA. Red Vest 2471.

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Real Estate

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Good size, 2 bedrooms, large fronted lot, fruit trees, plenty of room for garden. Call now.
GUEST HOUSE
Ideal for Mother, a place very near to you and your family. Has new carpeting, decorative panels and a bathroom. Call now. Of course! Really sharp. \$27,500. Hurry.

16x22 POOL
3 bedrooms, 2 baths, carpeted throughout, spacious and much more! Pool is heated and filtered! Owner with RENT. Lease, lease-option or sell it all. \$27,500. See this now!

DOLL HOUSE
Great 3 bedrooms with built-ins. Knotty Pine paneling, large windows, carpeted throughout. Large trees. Assumable FHA loan and priced at \$26,500. See this now!

ABOVE FOOTHILL
3 bedrooms, 2 baths, carpeted throughout. Assume existing FHA loan or refinance, the choice is yours. Look it over.

4 BEDROOMS \$26,750
3 bedrooms, normal dining room, family room, all built-in, central air, large view lot, \$38,000, as low as 10% down. Call now!

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FRY

SPARKLE PLINTH!
A real find to see! Over 2000 square feet, 4 bedrooms, family room, large living room with fireplace, kitchen, breakfast room, many built-ins including wine rack and electric oven. Large deck, landscaped, "summer house" back yard, swimming pool. Must see!

STANFORD AVE.
Most wanted 3 bedroom home with large family room, breakfast room, sunken living room with fireplace. Priced to sell. Air/central A/C. Massive master bedroom with walk-in closet. Bath, walk-in closet. Landscaped. Priced for sale to the discriminating buyer.

WORTH HAVING?
Worth waiting for! Lovely home, nice carpeting, close to shopping, parks, schools, Upland, schools and hospital. Large living room, sunken breakfast room, and basement. This is a great home as a fenced back yard. It is realistically priced at \$29,500.

OLD 17
Yes—but lots of charm in this well-kept home. In normal dining room, close to downtown Upland, schools and hospital. Large living room, sunken breakfast room, and basement. This is a great home as a fenced back yard. It is realistically priced at \$29,500.

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3 bedrooms, normal dining room, family room, all built-in, central air, large view lot, \$38,000, as low as 10% down. Call now!

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'70 Ford Maverick

3-dr. sedan, radio, heater, & tinted glass, power steering, wsw tires, factory air. 478-191.

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'70 Chev. Impala

4-dr. hardtop, V-8, automatic, radio, heater, tinted glass, power steering, wsw tires, leather top and factory air. 079 BEH.

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'70 Dodge Swinger

2-dr. hardtop, 4 cyl., automatic, radio, heater, power steering, wsw tires. Ser. #3841.

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'69 Ford Cust. 500

4-dr. sedan, V-8, automatic, radio, heater, tinted glass, power steering, wsw tires, factory air and landau top. XDR 973.

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'72 Chev. Wagon

2-dr. automatic, radio, heater, tinted glass, power steering, wsw tires and factory air. 2178.

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'70 Datsun 240Z

4-speed trans. and factory air. 033 BTW.

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'71 Chev. Vega

2-dr. radio, heater, 625DDA

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'71 Chev. Caprice

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'70 Opel Kadette

Automatic, radio, heater, wsw tires and air cond. 340 BEY. Like new!

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'71 Chev. Monte Carlo

2-dr. hardtop, V-8, automatic, radio, heater, tinted glass, power steering, wsw tires, leather top and factory air. 084 DTM. Landau top.

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'70 Chev. Caprice

2-dr. hardtop, V-8, automatic, radio, heater, tinted glass, power steering, wsw tires, leather top and factory air. 084 A01.

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'71 Chev. Vega

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2-dr. hardtop, V-8, automatic, radio, heater, tinted glass, power steering, wsw tires, bucket seats and factory air. 2X8-334.

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'72 Chev. 3/4 T. Pickup

V-8, automatic, radio, heater, tinted glass, power steering and air. 843NQ. Low mileage!

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'68 Chev. Imp. SS

2-dr. hardtop, V-8, automatic, radio, heater, tinted glass, power steering, wsw tires, factory air, bucket seats. VYM 801.

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'70 Chev. 1/2 T. Pickup

V-8, automatic, radio, heater, tinted glass, power steering, wsw tires, bucket seats and factory air. 11794K.

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High Blood Pressure Can Lead To Trouble

High blood pressure can set the stage for such potential tragedies as a stroke, heart attack and kidney disease.

It is a real tragedy, says the San Bernardino County Heart Association that millions of Americans don't know they have high blood pressure, and that millions of others who may be on the road to this disease do not know, or are not following those living habits that can reduce their risk of serious illness or death.

It is estimated that 1 out of every 7 adults in this country has high blood pressure, which is more common in the non-white population. At least half of them don't know they have it, and adds the Heart Association, medical experts believe that only half of the others are under treatment.

The seriousness of the disease, and the lack of public knowledge about it calls for prompt action on two fronts, says the San Bernardino County Heart Association. First is a trip to your doctor to have him check your blood pressure. Most cases when found can be controlled with drugs developed in recent years. And only through a checkup can a person know. If not found through a physical examination,

high blood pressure can work unseen for years without producing any symptoms. When symptoms do appear means damage has been done to the blood-carrying arterial system, the heart or kidneys may have been damaged, or the normal process of hardening of the arteries may have been speeded, increasing the risk of heart attack and stroke.

What can the individual do, other than the most important trip to his doctor and then being sure to follow the doctor's advice?

He or she can quit smoking cigarettes, for one thing. Scientists also have found that nervousness, anxiety, and eating too many of the wrong foods can contribute to raising blood pressure above normal. So, a diet low in animal fats and cholesterol should be followed, and the total intake of calories should be no more than enough to keep weight normal.

The San Bernardino County Heart Association can give you more information on high blood pressure, but all the information in the world may not be much help if it isn't combined with a trip to the doctor to find out where you stand regarding this silent, unseen killer disease.

Prevent Heart Trouble

A colorful batik exhibit is on display at the California State College, San Bernardino, Library.

Open to the public, the display is on the third floor of the Library building and features work done by students in the "Art for Elementary Teachers" class under Fred Holland, instructor.

The batik process is an Indonesian method of handprinting textiles by coating with wax the parts which are not to be dyed.

In preparing their batiks, the students used equal parts of crayon and paraffin, melted, and painted on old sheeting. The cloth was then crumpled and dipped into cold water dye, after which is was placed between newspapers and ironed to remove the paraffin.

The colorful designs range from surrealistic outlines to animals and flowers.

Students whose work is shown include Richard Hammer, Liston L. Caldwell, Richard Hallett, T. T. Hoak, Lois Carol Scott, Joan Austin, Amanda Venturian, Gloria Tigue, Telma O. Hill. Also, R. Beaver, Teri Burrell, Don Murphy, Susan Senter, George Zielaskowski, Linda Stadler, Robert Stevenson, Judith Haney and James Quinnnett.

Library hours are 8 a.m. to 10 p.m. Monday through Thursday, 8 a.m. to 5 p.m. Friday, 10 a.m. to 2 p.m. Saturday, and 1 p.m. to 5 p.m. Sunday. The batiks will be up through March.

1. If you're on a long motor trip, don't forget to make frequent stops, if only to stretch your legs for a few minutes. And if you're on a long train or airplane trip, get up now and then and walk around. Sitting too long in one position can cause poor circulation.

2. Be cautious when changing from one extreme climate to another. A problem for travelers, particularly elderly people or people with heart disease, is a sudden change from one extreme of weather to another.

3. Know these signs of heart attack. Delay spells danger.

Building permits of more than 21,000 in January were up from the same month last year, which along with those permits issued in recent months, should insure a relatively high rate of new starts during the first half of 1973, the bank's economists forecast.

However, the economists noted that a larger proportion of January permits were for apartment projects, for which there is a longer delay between the issuance of a permit and the start of construction.

Prolonged, heavy pressure or squeezing pain in the center of the chest, behind the breastbone.



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